

*much
better*

THE T good hufvifes of Jewell. — 88 £5

*Wherein is to be found most excell-
ent and rare Deuises for conceites in
Cookery, found out by the prac-
tise of Thomas Dawson.*

Wherevnto is adioyned sundry approued
receits for many soueraine oyles, and
the way to distill many precious
waters, with diuers approued
medicines for many
diseases.

G. STEEVENS

*Also certain approued points of husbandry, very
necessary for all Husbandmen to know.*

Newly set foorth with additions. 1596.

Imprinted at London for Edward White,
dwelling at the little North doore of
Pantes at the signe of the Gun.

EXCELENCE

G. STEEVENS

Here followeth the order of mead,
how they must be serued at the Table,
with their sauces for flesh daies
at dinner.

H The first course.

Pottage or stewed broath, boyled meat
or stewed meate, Chickins and Bacon,
powdred Beefe, Pies, Goose, Pigge, Ro-
asted Beefe, roasted Meale, Custard.

The second course.

Roasted Lambe, Roasted Capons, Roasted
Conies, Chickins, Pehennes, Baked Me-
nison, Tart.

The first course at Supper.

A Halet, A Pigges petitor, Powdred
Beefe sliced. A Shoulder of Mutton or a
Breast, beale, Lambe, Custard.

The second course.

Capons roasted, Conies roasted, Chic-
kins rosted, Pigionis rosted, Larkes rosted,
A pye of Pigionis or Chickins, Baked Me-
nison, Tart.

The seruice at Dinner.

A dozen of Drailes, A dishe of Larkes,
Two pasties of red deare in a dish, Carte,
Ginger bread, fritters.

Seruice for fish daies.

Butter, a Hallet with hard Egges, Pottage

The order of seruice

ff sand Eeles and Lamrerns, Red Herring
greene broyled strewed vpon, White Her-
ring, Ling, Haburdine, Mustard, Halte
Salmon minced. Two pasties of fallows
are in a dish, a Custard, a dish of Lea-
ches.

The second course.

Jelly, Peacockes, Sauce wine and salt,
two Conies or halfe a dozen Rabets, sauce
Mustard and suger, halfe a dozen of Pige-
ons, Gallard, Toyle, sauce Mustard and
Mergious. Culles, Storke, Heronshewe,
Crabbe, Sauce Galentine, Gurlew, Bit-
ture, Bustarde, Feasant, Sauce Water
and halfe, with Onions sliced, halfe a do-
zen Woodcocks, sauce Mustard and Su-
ger: halfe a dozen Teales, sauced as the
Feasantes, a dozen of Quailes, a dish of
Larkes two Pasties of red Deare in a dish.
Tarte, Ginger bread, fritters.

Seruice for Fish daies.

Butter, a halfe with hard Egges, po-
tage of sand Eeles, and Lamperns, Red
Herring, greene broyled strewed vpon,
White Herring, Ling, Haburdine, sauce
Mustard, Halte Salmon minced, sauce
Mustard and Mergious, and a little suger,
Powdred Cunger, Shadde, Mackrell,
sauce

At the table.

Sauce vineger:

Whytting: Sauce, with the Liver & Mustard. Playce: Sauce. Borell, or Wine, and salt or mustard, or Vergious.

Thorneback: sauce, Liver and mustard, Pepper and salt strowed upon, after it is brused. Fresh Cod: Sauce: greene sauce.

Dace, Mullet. Eales upon soppes. Roche upon soppes. Perch. Pike in Pikesauce. Trowte upon soppes. Tench in Gelly or Grefill. Custard.

The second course.

Flounders or Flokes pyke sauce. Fresh Salmon. Fresh Conger, Brette, Turbut, Halybut. Sauce vineger.

Breame upon soppes. Carpe upon soppes. Soles or any other Fishes fried. Roasted Eale: Sauce the dripping. Roasted Lampreys. Roasted Porpos. Freshe Sturgeon. sauce Galantine.

Cruis, Crab, Shrimps sauce vineger.

Baked Lamprey, Tarte, Figges, Apples, almondes blauched, Cheese, Raspuns, peares.

INIS.

A Booke.

To boile Larkes.



Take sweet Bread, & strain it into a pipkin, and set it on the fire , and put in a peece of Butter , and skim it as cleane as yee can, and put in spennedge, & endive, and cut it a little, and so let it boyle, and put in Pepper, Cloues and Mace . Cynamon and Ginger, and a littls vergious , and when you serue them vp, lay soppes in the dish.

To boile Conies.

Take a Cony and perboile it a little, then take a good handful of persely and a few sweet hearbs, and the yolks of 4. hard egges chop them all together, then put in pepper, and a fewe Currans, and fill the Conies bellie ful of Butter, then prick her head betwene her hinder legges and break her not , and put her into a faire earthen pot with mutton broth, and the rest of the stiffe roll it vp round and put it in withall, and so boyle them well together, and serue it with soppes.

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of Cookerie.

To boyle a Cony.

YDU must boyle your Cony, and strayne your sweete breade into a Pipkin, and put in your meate, skumme it as cleane as you can, and put in a good deale of Endiue, and cut it a little , and a good peece of Butter, and all kinde of spices, and a little vergious, and so serue it on soppes.

To boile Chickens.

FIRST you shall take Chickens and boyle them with grapes and with a rackinge of Mutton together and let the rackinge of mutton boyle before the Chickins one howre and a halfe, and then make a bunch of herbs with Rosemarie, Tyme, Sauory and Rosepe, and also Margerum, and binde them fast together, put them in the pot, and when you see your time put in your Chickyns with Parselie in their bellies and a little sweet butter, vergious, and pepper, & when you haue so done, boyle your grapes in a little pipkin by themselves with some of the broth of the Chickins, but take heed you boyle not them too much, nor yet too lyttle, and then take the volkes of sixe egges and straine them with a little broth of the pot, and when they are strayned put them in the pipkin to the grapes and stirre them and

A booke

when they begin to boyle take them from the fire and stirre them a good while after you haue taken them vp and then haue you **H**ippets readie in a platter, and laye your meate vpon it, and then take your **P**ippins and grapes and all that is in them and poure it vpon the meate. And after this sort serue it in.

To boile mutton and Chickens.

Take your mutton and **C**hickens and sette vpon the fire with faire water and when it is well skummed, take two handfull of Cabadge, Lettice, a handfull of currants a good peece of butter, the iuyce of ii. or three Lemmons, a good deale of grosse Pepper and a good peece of Suger, and let them seeth all well together, then take thre or four e yolkes of egges togeather harde rosted, and straine them with parte of your broth, let them seeth a quantitye of an houre. Serue your broth with meate vpon **H**ippets.

To boile Chickins.

Strayne your broth into a pipkin, & put in your Chickins, and skumme them as cleane as you can and put in a peece of butter, and a good deale of Soriell, and so let them boyle, and put in all manner of splices, and

and a lyttle veriuyce pycks, and a fewe Barberies, and cutte a Leniman in pec-ces, and scrape a little Suger vpon them, and laye them vpon the Chickins when you serue them vp, and lay soppes vpon the dish.

An other way to boyle
Chickins.

YDu must strayn your broth into a pip-kin, and set it a boylng, and skumme it & put in a pece of butter, & endiue, and so let it boyle, and a fewe currants, all maner of splices, and so serue it on soppes.

To boile Plouers.

YDu must straine your sweet broth into a pipkin, and set them on the fire, and whē they boile, you must skum them, and then put in a pece of Butter , and a good deale of spennedge, and a littl parsely, and a pece of carret roote cut verie small, and a fewe currants, and so let them boyle, and all manner of splices, and a little whyte wine, and a littl vergice, and so serue them vpon soppes.

To boile Teales.

TAke sweete broth and Onions, and shred them, and Spennedge, and put in butter and pepper , and then laye it with tostes

A Booke

tosse of bread, with a little vergious, and so serue it on soppes.

To boile steakes betweene two dishes.

VDu must put Parselye and Currants, and Butter and vergious, two or thre yolkes of egges, and Pepper, Cloues and Mace, and so let them boile together, and serue them vpon soppes.

To boile a neates tongue.

IN primis, in fayre Water and salt, then peele it, and cut it in the middle, and then boile it in red wine, & fill him full of cloues, and a little suger, and then wash it with a little sweete broth, to doe away the sent of the Wine. and you must make a little red Musket with red wine and pruines boyled together, then strayne it, and strayne a litle mustard in a fine clout together, & so serue it.

To boile a capon.

Put the Capon into the pouder beeke pot, and when you thinke it almost tender, take a little potte and put therein halfe water and halfe wine, marie, currants, dates, whole mace, vergice, pepper, & a litle time.

The boyling of a capon.

Secth the Capon it selfe in water and salt and nothing else, and to make the broth

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Viz. Take strong broth made with beefe or
matton broth, so that it be strong broth, and
put into it, rosemarie, parselie & tyme, with
iij. leaues of sage, this let seeth in it a good
while, and then put into it small raysons
and a fewe whole mace. A quarter of an
houre before it be readie to bee taken from
the fire, haue readie sodden feure or v. egges
boyled harde, take nothing out but the yolks
streyne the egges with a little of the same
broth and vergice, haue a little marie cut in
small peeces and an apple pared, and cutte
in small peeces, and if that tyme of yeare do
serue, take the best of lettice, cutting off the
toppes to the white and best, and takis a
fewe prunes with two or threé dates.

Thus let it seeth a quarter of an hour or
more, and when it is ready to take vp, haue
your dish with soppes readie, and the water
well strained out of the capon, and then sea-
son the broth with a little pepper, then take
it and dish it and scrape vpon it a little suger
laying the prunes round about the dish side.

To boile a Capon with Orenge
and Lemmons.

Take Orenge or Lemmons pilled,
and cutte them the long way, and if you
cankeepe your cloues whole and put them
into

A Booke

into your best broth of Mutton or Capon with prunes or currants and three or fourre dates, and when these haue beene well sodden put whole pepper great mace, a good piece of suger, some rose water, and eyther white or claret waine, and let al these seeth together a while, & so serue it vpon soppes with your capon.

To boile a capon in white broth
with almondes.

Take your Capon with marie bones and set them on the fire, and when they be cleane skinned take the fattest of the broth, and put it in a little pot with a good deale of marie, prunes, raisons, dates whole maces, & a pinte of white wine, then blanch your almondes and strain them, with them thicken your potte & let it seeth a good while and when it is enough serue it vpon soppes with your capon.

To boile a Capon in white broth.

Take a good Capon and scalde him and trusse him and when he is faire washed put him in your pot, and take a good marie bone too, or if you haue no marie bone take a necke of Mutton and when your Capon is halfe boyled take a pottle of the uppermost of your broth and put it into a sayre posnet,

posnet, then take two handfulls of fine Currans, and byg Dates cut euery one of them in fourt pieces, and four or fift whole mace, fourt spoonfuls of Vergious, and so muchsuger as an egge, a little Lime, and a little persely, and a little Margerum, and if you haue no Margerum, then one small sprig of rosemary, bind all your hearbes fast together, and when you haue cleane washed them, put to the saide hearbes suger, currans, mace, and vergice into your posnet, and a grated Nutmegge, and let them boyle altogether, and when it is almost enoughe, haue a small handfull of almondes blanched and beaten, and strained with a little of the same liquor, and put that into your broth a good quarter of an houre before you take it vp, and that will make it white, you must also put in some good pieces of marie, and let not the marie and the dates seeth aboue halfe an houre, you must take a good handfull of prunes, and tie them in cleane clothes, & seeth them in the broth where the Capon is, when you take vp your capon to serue it in, lay a few sippets in the bottome of your platter, and laye a fewe Prunes and Barberyes both about the bottome of the platter, and also vpon the capon,

A Booke

Capon, you may boyle chickins in the like
sort.

To make boyled meates for dinner.

Take the ribbes of a necke of Mutton,
and stufse it with Margerum, sauery,
time, persely chopped small, currants,
with the yolkes of two egges, pepper & salt,
then put it into a posnet with faire water,
or else with the liquor of some meate, with
vineger, pepper, and salt, and a little butter,
and so serue it.

To boyle meates for supper.

Take veale and put it into a posnet with
carret roots cut in long peeces, the boile
it and put thereto a handfull of prunes and
crummes of Bread, then season it with pep-
per, salt and vineger.

To boyle a legge of Mutton with
a Pudding.

First with a knife raise the skinne round
about till you come to the ioynts, & when
you haue perboiled the meate, shred it fine
with suett or marie, Persely, Margerum,
and penyriall, then season it with pepper,
and salt, cloues, mace, and cinamon, and
take the yolkes of ix. or x. egges, and myn-
gle with your meate a good handfull of cur-
rants, and a fewe minc'd, dates and put the
meate

meate into the skinne of the legge of mut-
ton and close it with prickes, and so boyle
it with the broth that you boyle the Capon,
and let it seeth the space of two houres.

To boile pigges feete and peritoes.

Take and boyle them in a pint of ver-
gice & bastard, take feoure dates min-
ced with a fewe small raysons, then
take a little time and chop it small and sea-
son it with a little synamion and ginger and
a quantity of vergice.

To make a mortis.

Take almondes and blanche them, and
beate them in a morter, and boyle a
Chickin, and take al the flesh of him, and
beate it, and straine them togither, with
milke and water, and so put them into a
pot, and put in Sugur, and stirre them stlll,
and when it hath boyled a good while, take
it of, and set it a cooling in a payle of wa-
ter, and straine it againe with Rose water
into a dish.

To boyle a Lambes head and
purtenance.

Straine your broth into a pipkin, and
set it on the fire, and put in butter, and
skimme it as cleane as you can, and
put in your meate, and put in endive, and
cut

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cut it a little, and straine a little yeast, and put into it, and currans and prunes, and put in all maner of spices, and so serue it vpon soppes.

To boyle Quailes.

Firste, put them into a Pot with sweete broth, and set them on the fire, then take a Carret roote, and cut him in pieces, and put into the potte, then take persely with sweete hearbes, and chop them a little, and put them into the potte, then take Synamon, Ginger, Nutmegges, and Pepper, and put in a little Vergice, and so season it with salt, serue them vpon soppes, and garnish them with fruit.

To make stewed Steakes.

Take a peece of Button, and cutte it in pieces, and washe it very cleane, and put it into a faire potte with Ale, or with halfe Wine, then make it boyle, and skumme it cleyne, and put into your pot a faggot of Rosemary and Time, then take some Parsely picked fine, and some onyons cut round, and let them all boyle together, then take prunes, & raisons, dates, and currans, and let it boyle altogether, and season it with Synamon and Ginger, Nutmegges, two or thre Cloves, and Salt, and so serue it on

it on soppes, and garnish it with fruite.

To stewe Calues feete.

Take calues feet faire blanched and cut them in the half, & when they be more then halfe boyled, put to them great raisons, mutton broth, a little saffron, and sweete butter, pepper, suger, and some sweete hearbes finelye minced, boyle calues feete, Sheepe's feete, or lambes feete with Mutton broth, sweete hearbes and Onyons chopped fine, Butter and Pepper, and when they boyle, take the yolke of an egge and straine it with vergice, so serue it.

To stewe a Mallard.

Take your Mallard and soethe him in faire water, with a good marie bone, and in cabbadge wort, or cabbadges lettice, or beth, or some persnep rootes, & carret rootes, and when all these be well sodden, put in Prunes, put in Prunes enough, and threé dates, and season him with salte, cloues and mace, and a little suger & peper, and then serue it forth with sippets, and put the maris vpon them, and the whole mace, lay on the sippets, and the dates quartered, and the prunes, and the rootes cut in roundlyces, and lay the vpon the sippets also, and the cabbadge leaues lay vpon the Mallard.

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To make Aloes.

TAKE a legge of veale or mutton, and slice it in thin slices, and lay them in a platter, and cast on salte, and put thereon the yolkes of tenne Egges, and a great sorte of small raisons and dates finely minced, then take vineger, and a little saffron, cloues and mace, and a little Pepper, and mingle it together, and poure it all about it, and then al to worke it together, and when it is thorowly seasoned, put it on a spit, and set platters vnderneath it, and baste it with butter, and then make a sauce with Vineger, and ginger, and suger, and lay the aloes vpon it and so serue it in.

To make Fritters of Spinnedge.

TAKE a good deale of Spinnedge, and washe it cleane, then boyle it in faire water, and when it is boyled, then take it forth and let the water runne from it, then chop it with the backe of a knife, and then put in some Egges and grated Bread, and season it with suger, cinnamon, ginger, and pepper, dates minced fine, and currans, and rowle them like a ball, and dippe them in Butter made of Ale and flower.

A Fritter to be made in a Mould.

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Take Dre white and mince it fine, then take Dates and mince them fine, then take Currans, Egges, white grated bread and season it with suger, sianamon, and ginger, cloues, mace and saffron, and sticke it well together, then drue a thicke Cake of paste, and lay in the moulde, and fill it with the stusse, and lay another cake of past vpon it, then iogge it about, and so fry it.

To boyle Pigeons in blacke
broath.

First roste them a little, then put them into an earthen pot, with a little quantitye of swete Broth, then take Dayons, and slice them, and set them on the Coles with some butter to take away the sent of them, put them into the Pigeons, and leyze it with a tolle of bread, drawne with Wine-ger, then put some swete hearbes halfe cut, and sianamon and Ginger, and grosse Pepper, and let them boyle, and season them with salte, serue them vpon soppes, and garnish them with fruit.

To smere a Conie.

Take the Liveres and boyle them, and choppe it, and sweet hearbs, apples, and the yolkes of hard egges, and choppe them altogether, and currans, suger, sianamon,

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ginger and perselye, and fill the Conny full hereof, then put her into the swete broth, and put in swete Butter, then choppe the yolks of hard egges, synammon, ginger, suger, and cast it on the Cony when you serue it vp, season it with salte, serue it on soppes, and garnish it with fruite.

To boyle a Miallard with Cabadge.

Take some cabadge, and prick and wash them cleane, and perboyle them in faire water, then put them into a Collender, and let the water runne from them cleane, then put them into a faire Earthen Pot, and as much swete Broth as will couer the cabadge, and swete Butter, then take your Miallard and roste it halse enough, and saue the dripping of him, then cut him in the side, and put the miallard into the cabadge, and put into it all your dripping, then let it keele an houre, and season it with salte, and serue it upon soppes.

To boyle a Ducke with Turneps.

Take her first, and put her into a potte with stewed broth, then take perselye, and swete hearbs, and chop them, and perboyle the rootes very well in an other pot, then

then put vnto them sweet butter, Cynamon, Gynger, grosse Pepper and whole Mace, and so season it with salt, and serue it vpon soppes.

To make white Estings.

Take great Otemeale, and lay in milke to steepe, then put in the yolkes of some Egges, and take Dre whyte and mince it small, then season it with suger, cynamon, ginger, cloues, mace, and saffron, and salt, and so fill them.

To make blacke puddings.

Take great otmeale and lay it in milke to steepe, then take sheepe's bloud and put to it, and take Dre white and mince into it, then take a fewe sweet hearbes and two or three lecke blades, and choppe them very small, and then put into it the yolkes of some egges, and season it with Cynamon, ginger, cloues, Mace pepper and salt, and so fill them.

To make strong broth for
sick men.

Take a pound of almonds and blanche them, and beat them in a morter very fine, then take the braines of a capon and beat with it, then put into it a little crea, and make it to drawe & thorough a strainer,

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Then set it on the fire in a dish, and season it with rose water and suger, and stirre it.

To boile a Breame.

Take White wine and put it into a pot, and let it seeth, then take your breame and cut hym in the midst, and put hym in, then take an Onion and chop it small, then take nutmegs beaten, cinnamon and ginger, whole mace, and a pound of butter, and let it boile altogether, and so season it with salt, serue it vpon soppes, and garnish it with fruite.

To boile Muskles.

Take water and yeast, and a good dish of butter, and Onions chopt, and a lyttle pepper, & when it hath boyled a litle while, then see that your Muskles bee cleane washed, then put them into the broth shels and all, and when they be boiled wel, then serue them broth and all.

To boile Stock fish.

Take Stock fish when it is well watered, and picke out all the baste cleane from the fish, then put it into a pipkin, and put in no more water then shall couer it, and set it on the fire, and assoone as it beginneth to boyle on the one side, then turne the other side to the fire, and assoone as it beginneth to

to boile on the other side, take it off, and put it into a Colender, and let the water runne out from it, but put in salt in the boylng of it, then take a little faire water and sweete butter, and let it boyle in a dish vntill it bee something thick, then powre it on the stocke fish and serue it.

To make bake meates.

Take a legge of Lambe, and cut out all the fleshs, and save the skynne whiche, then mince it fine and white with it, then put in grated bread, and some egges whites and all, and some Dates and Currantes, then season it with some Pepper, Cynamon Ginger, and some Nutmegges and Carrawaines, and a little creame, and temper it altogether, then put it into the legge of the Lambe againe, and let it bake a little before you put it into your Pye, and when you haue put it into your Pye, then put in a little of the Pudding about it, and when it is almost baked, then put in veriuce, suger and sweet butter, and so serue it.

Another bake meate.

Take a leg of veale, and cut it in slices, and beat e it with the back of a knife, then take sime, margerum and penitall, sauerie, and perselye, and ons Oni-

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on, and chop them altogether verie small, then breake in some egges whites and all, and put in your hearbes and season it with pepper, nutmegs and salt, and a little suger, then stirre them altogether, and then lap them vp like allowts, and cast a fewe currants and dates, and butter amongst them.

Another bake meate.

Take two pounde of White and a little veale, and mince it together, then take a little peniriall, sauerie and margerum, and vset Leekes, and chop them fine, and put in some egges and some creame, then stirre it all well together, and season it with pepper, nutmegs and salt, then put it into the pypes, and cut the lid, and let it bake till it be dry, then serue it.

To make Marie pies.

Make fine past, and put in the white of one egge and suger, and when they are made in little ceffins set them into the Duen vpon a paper a little while then take them out and put in marie, and then close them vp and pricke them, and set them in again, and when they are broken serue them with blanch pouder strowed vpon them.

To

To boile pie meate.

Take a legge of mutton, and mince it very fine with swet and seeth it in a little pan or an earthen pot with butter, and season it with cloues, mace, great raysons, and prunes, and salt, and serue it in a dish, and if you will, put in some iuyce of Orenge: and lay halfe an orange vpon it.

To make fine Cakes.

Take fine flower and good Damaske wafer you must haue no other liuour but that, then take sweet butter, two or thre yolkes of egges and a good quantity of suger, and a fewe cloues, and mace, as your Cookes mouth shall serue him, and a lyttle saffron, and a little Gods good about a spoonfull if you put in too much they shal arise, cutte them in squares lyke unto trenchers, and pricke them well, and let your ouen be well swep特 and lay them vpon papers and so set them into the ouen, do not burne them if they be thre or fourre dayes elde they bee the better.

To make fine cracknel.

Take fine flower and a good quantifie of egges as many as wil supply the flower, then take as muche suger as will sweeten the past, and if you will not bee at the cost to raise

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rayse it with egges, and put thereto sweete water, Cynamon and a good quantitie of Nutmegges and mace, according to your bread, take a good quantitie of Annis seede, and let all this bee blened with your flower, and the putting in of your egges or other moisture, then sette on your water and lette it bee at seething, before you put your Cracknelles in it they will goe to the bottome and at their rising take them out and drye them with a cloth then bakes them.

To bake Connies.

Have fine past readie, wash your Connies, and perboyle them then caste them into the colde water, then season them with salt and ginger, laye them into the past and upon them lay leached, larde close them and bake them.

To bake a brest of veale.

Take and breake the bones thereto in the middest and perboyle hym and take out the bones, and season hym with pepper and salt, and lay hym in the coffin with a little sweete butter, and close hym vp then make a caudell of the yolkes of an egge and straine it, and boyle it in a chafing dish of coales and season it with sauer

ger, and put it in the pie and set it into the o-
uen againe.

To make a pudding in a breast of
veal.

*1702
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Take persely, Lincie, washe them,
pricke them, and choppe them small,
then take viii. volks of egges, grated bread,
and halfe a pinte of creame beeing verie
sweete, then season it with pepper, Cloues,
and Mace, Saffron and Suger small May-
sons and salt, put it in and roste it and serue
it.

To bake a Gammon of Bacon.

Take a Gammon of Bacon, water it sixe
dayes and perboyle him halfe enough
and laye him in presse then take the sworde
of him and stuffe him with cloues, and sea-
son him with pepper, and saffron. And close
up in a standing pye, bake him and so serue
him.

To make fine bisket
bread.

Take a pound of fine flower, and a pound
of suger, and mingle it together, a quar-
ter of a pound of Annis seedes, foure eggs,
two or three spoonfuls of Rose water put all
these into an earthen panne. And with a
lyce of Wood beate it the space of two
heures,

A Booke

houres, then fill your moulds halfe full: your moulde s must be of Linne, and then lette it into the ouen, your ouen, beeing so whot as it were for cheaf bread, and let it stande one houre and an halfe: you must anoint your moulds with butter before you put in your stufte, and when you will occupie of it, slice it thinne, and drie it in the ouen, your ouen beeing no whotter then you may abide your hand in the bottome.

To bake a Turkie and take out
his bones.

Take a fat Turkie , and after you haue scalded him and washed him cleane, lay him vpon a faire cloth and slit him through-
out the backe, and when you haue taken out his garbage , then you must take out his bones so bare as you can , when you haue so doone wash him cleane, then trusse him and pricke his backe together , and so haue a faire kettle of seething water and perboyle him a littie, then take him vp that the water may runne cleane out from him, and when he is colde, season him with pep-
per and salt, and then pricke hym with a fewe cloues in the brest , and also drawe hym with larde if you like of it, and when you haue maide your coffin and laide your

Turkie

Turkie in it, then you must put some Butter in it, and so close him vp. in this sorte you may bake a goose, a Pheasant, or capon.

To bake a Kidde.

Take your Kid and perboyle him, and wash it in vergice and saffron, & season it with pepper, salt, & a little mace, then lay it in your coffin, with sweete Butter and the liquor it was seasoned in, and so bake it.

To bake a Mallard.

Take thre or four Onyons, and stamp them in a morter, then straine them with a saucer full of vergice, then take your Mallard and put him into the iuyce of the sayde Onyons, and season him with pepper, and salte, cloues and mace, then put your Mallard into the coffin with the saide iuyce of the onyons, and a good quantity of Winter sauerye, a little tyme, and perseye chopped small, and sweete Butter, so close it vp and bake it.

To make a Pye of Humbles.

Take your humbles being perboiled, and choppe them verye small with a good quantitye of Mutton swet, and halfe a handfull of hearbes folowing, tyme, marragon, borage, perseye, and a little rosemary, and

A Booke

and season the same being chopped, with pepper, cloues and mace, and so close your pye and bake him.

To bake a Red deare.

Take a handfull of **T**yme, and a handfull of rosemarye, a handfull of winter sauerrys, a handful of Bay leaues, and a handful of fennel, and when your liquor seethe that you perboyle your Venison in, put in your hearbs also, and perboyle your venison vntill it be halfe enough, then take it out and lay it vpon a faire boorde that the water may runne out from it. then take a knife and pricke it full of holes, and while it is warme, haue a faire **T**raye with vineger therein, and so put your Venison therein from morning vntill night, and euer now, and then turne it vpside downe, and then at night haue your coffin ready, and this done season it with synamon, ginger, and Nutmegges, Pepper and salte, and when you haue seasoned it, put it into your coffin, and put a good quantity of swete Butter into it, and then put it into the Duen at night, when you goe to bedde, and in the morning draw it forth, and put in a saucer full of vineger into your **P**ye, at a hole aboue in the toppe of it, so that the vineger may runnes

runne into every place of it, and then stop the hole againe, and turne the bottome vpward, and so serue it in,

An other bakemeate for Chickins.

FIrste season your Chickins with Suger, sianamon and ginger, and so lay them in your pye, then put in vpon them Gooseberries, or grapes, or Barberies, then put in some swete Butter and close them vp, and when they be almost baked, then put in a Cawdle made with hard egges and white wine, and serue it.

To bake Calues feete.

TAke calues feete and boyle them, and choppe them fine, and a pound of white, and chop it with them, then chop an onion small and put it in them, then take Prunes, dates and currans, and put to them, season them with Pepper, Nutmegs, and a little large Mace, then put in some egges, and stirre it altogether, & put it into a Pye, and let it bake two houres, then put in a little vergicc and suger, and so serue it.

To sowce a Pigge.

TAke White Wine and a little sweete broth, and halfe a score Nutmegs cut in quarters, then take Rosemarye, Bayes, Tyme,

A Booke

Time, and sweet Margerum, and let them boyle altogether, skimme them very clean, and when they be boyled, put them into an earthen pan and the sirrope also, and when you serue them, a quarter in a dish, and the Bayes, and nutmegs on the top.

The order to boyle a Brawne.

Take your Brawne, and when ye haue cut him out, lay him in faire water fourteene and twenty houres, and shifte it fourteene or fiftie times, and scrape and binde vp those that you shall thinke good, with Hempe, binde one handfull of greene Willowes together, and laye them in the bottome of the panne, and then put in your Brawne, and skimme it very cleane, and let it boyle but softiye, and it must be so tender, that you may put a straw through it, and when it is boyled enough, let it stand and rowle in the panne, and when you take it vp, let it lye in Trapes one houre or two, and then make sowling drinke with Ale and wa-ter, and salte, and you must make it verye strong, and so let it lye a weeke before you spende it.

To make Almond butter.

Take almondes and blanch them, and beate them in a moyster verye small, and

and in the beating put in a little water, and when they be beaten, poure in water into two pots, and put in halfe into one and halfe into another, and put in suger, and stirre them still, and let them boyle a good while, then straine it through a strainer with rose water, and so dish it vp.

To roast an Hare.

YDu must not cut off her head, feete nor eares, but make a Pudding in her bellye, and put paper about her eares that they burns not, and when the Hare is rosted, you must take synamon and Ginger, and grated bread, & you must make very sweete sauce, and you must put in Barberies and let them boyle together.

To make Fritter stuffe.

Take fine flower, and threē or fourē eggs, and put into the flower, and a peice of Butter, and let them boyle altogether in a dishe of Chaser, and put in suger, synamon and ginger, and Rosewater: and in the boylling, put in a little grated bread to make it big, and then put it into a dishe, and beat it wel together, and so put it into your moulde, and frye it with clarified butter, but your Butter may not be too hott nor too colde.

A Booke

For to bake a Hare.

Take your Hare and perboile him, and mince him, and then beate him in a morter very fine, liver and all if you will, and season it with all kinde of splices and salte, and doe him together with the yolkes of seauen or eight egges, and when you haue made him vp together, drawe larde verie thicke through him, and mingle them altogether, and put him in a Pye, and put in butter before you close him vp.

relish To preserue Orengees.

YOU must cut your Orengees in halse and pare them a little round about, and let them lye in water fourre or five dayes, and you must chaunge the water once or twice a day, and when you preserue them, you must haue a quarte of faire wa-
ter to put in your Huger, and a little Rose-
Water, and set it on the fire, and scum it ver-
rye cleane, and put in a little Synamon, and put in your Orengees, and let them boyle a little while, and then take them out againe, and doe so ffeue or sixe times, and when they be enough, put in your Orengees and let your sirroppe stand till it bee colde, and then put your sirrop into your Oren-
ges,

To

To make all maner of fruit

Tartes.

YDU must boyle your fruite, whether it be apple, cherrie, peach, damson, peare, mulberie, or codling, in faire water, and when they be boyled inough, put them into a bowle, and bruse them with a Ladle, and when they be colde, straine them, and put in red wine or Claret wine, and so season it with suger, sinnamon and ginger.

To make a Tarte of preferued
stiffe.

YDU must take halfe a hundredth of Coates, and pare them, and cut them, and as soone as you haue cut them, put them into a pot, and put in two or three pound of suger, and a pint of water, and a little Rosewater, and stirre them from the time you put them in, vntill the time you take them out againe, or else you may also put it into a dishe, and when your Tarte is made, put it into the Duet, and when it is caked, endore it with butter, and thow suger on the top, & then do on your sauce, & see comfets on the top, and so serue it vp.

To make a Tarte of Prunes.

PUT your Prunes into a pot, and put in red wine or claret wine, and a litle faire,

A Booke

water, and stirre them now and then, and when they be boyled enough, put them into a bowle, and straine them with sugar, synamon and ginger.

To make a Tart of Ryce.

Boyle your Rice, and put in the yolkes of two or thre^e Egges into the Rice, and when it is boyled, put it into a dish, and season it with Huger, Synamon and Ginger, and butter, and the iuyce of two or thre^e Dzenges, and set it on the fire againe.

To make a Custard.

Beake your Egges into a bowle, and put your Creame into another bowle, and straine your egges into the creame, and put in saffron, Eloues and mace, and a little synamon and ginger, and if you will some Huger and butter, and season it with salte, and melte your butter, and stirre it with the Ladle a good while, and dubbe your custard with dates or currans.

To make a Tarte of Wardens.

You must bake your Wardens first in a Pie, and then take all the wardens and cut them in four quarters, and coare them, and put them into a Tarte pinched, with your Huger, and season them with Huger, Synamon and Ginger, and set them in the

the Duen, and put no couer on them , but you must cutte a couer and lay on the Tart when it is baked, and butter the Carte and the couer too, and endore it with suger.

To make a tarte with butter
and egges.

Brake your egges and take the yolkes of them, and take butter and melte it, let it bee verie hot readie to boyle, and put your butter into your egges, and so straine them into a bowle and season them with suger.

To make a tarte of
Spennedge.

Boyle your Egges and your Creame togither, and then put them into a bowle, and then boyle your Spennedge, and when they are boyled, take them out of the water and straine them into your stiffe before you straine your Creame, boyle your stiffe and then strain them al againe, and season them with suger and salt.

To make a tarte of
Strawberries.

V Wash your strawberries, and put them into your Tarte, and season them with suger, cynamon and Ginger, and put in a little red wine into them.

A Booke

To make a Tarte of hippes.

Take Hippes and cutte them, and take the
seedes out, and wash them verye cleane,
and put them into your Tarte, and season
them with suger, cinnamon and ginger.

So you must preserue them with suger,
Cinnamon and Ginger, and put them into a
gelly pot clost.

To bake the Humbleſ of a Deere.

Mince them verie small, and season
them with pepper, Cinnamon and
Ginger, and suger if you will, and Cloues
and mace, and dates and currats, and if you
will, mince Almondes and put unto them,
and when it is baked, you must put in fine
fat, and put in suger, cinnamon and Ginger,
and let it boile, and when it is minced, put
them together.

To make a veale pie.

Let your Veale boyle a good while, and
when it is boyled, mince it by it selfe,
and the white by it selfe, and season it with
salt and pepper, cinnamon and ginger, and
suger, and cloues and mace, and you muste
haue prunes and raisons, dates & currantes
on the top.

For

For to make mutton pies.

Minee your Mutton and your white together, and when it is minced, season it with pepper, cinnamon & ginger, and Cloves and mace and prunes, currants and dates, and reasons and harde egges boyled & chopped verie small, and throw them on the top.

To bake calves fete.

Saison them with salt & pepper, and butter, and Currantes if you will, and when they bee baked put in a little white Wine and suger, or vineger and suger, or vergice and suger.

To bake Chickins in a
Cawdle.

Saison them with salt and pepper, and put in butter, and so let them bake, and when they be baked, boile a fewe barberries and prunes, and currants, and take a little white wine or vergice, and let it boils and put in a little suger, and set it on the fire a little, and straine in two or three yolkes of egges into the wine, and when you take the dish of the fire, put the prunes and currants and barberries into the dish, and then put them in al togeather into the pye of chickins.

A booke

To bake pigeons.

Seson them with Pepper and Salt and butter.

To bake a Conie.

Seson him with Pepper and Salt, and put in butter and currantes, and when it is baked, put in a little vergice and suger into the pie, and serue it vp.

To bake a Gammon of bacon
to keepe colde.

You must first boyle him a quarter of an
heure before you stuffe him, and stuffe
him with sweete hearbs, and harde Egges
chopped together, or parsellie.

To bake a Fillet of beefe to
keepe colde.

Mince him very small, and seeth him
with pepper and salt, and make hym
vp togeather accordingly, and put them in
your pie, and larde him verie thicke.

To make fine bread.

Take halfe a pound of fine suger well
beaten, and as much flower, and put
thereto foure Egges whites, and beeing ve-
ry well beaten, you must mingle them with
aniseedes bruised, and beeing all beaten
together, put into your moulde, melting the
sauce ouer first with a lyttle butter, and set
it

it in the Ouen, and turne it twice or thrice
in the baking.

To bake a Neates tonguc.

First pouder the tongue three or four
dayes, and then seeth it in faire water,
then blanche it and Larde it and season it
with a little pepper and Salt, then bake
it on Ries paste, and before you cloase vp
your pie, stroowe vppon the tongue a. good
quantitie of Cloues and Pace beaten in
powder, and vppon that halfe a pounde of
Batter, then close vp your pye verye close
but make a rounde hole in the toppe of the
pie. Then when it hath stooode more then
feare houres in the Ouen, you must put in
halfe a pint of Wineger or more, as the Wi-
neger is sharpe, then close vp the hole very
close with a peece of past and set it in the o-
uen againe.

To make muggets.

First perboyle them, and take white and
chop them both togeather, and put Cur-
rantes, Dates , Cynamon and Gynger,
Cloues and Pace , and gresse pepper and
Suger if you will, twoo or three yolkes of
Egges, and seeth them altogeahter with
Salt, add put in the stufte into the cawles
of Mutton, and so put them in dishes, and
take

A booke

take two or three egges white and all, and put them on ths cawles , and make some prettie sauce for them.

To make fillers of beefe or clods instead of red Deare.

First take your Beefe, and Larde it very thicke, and then season it with pepper, and Salt, Synamon and ginger , Cloves, and Mace good store , with a greate deale more quantitie of pepper and Salte , then you would a peece of Venison, and put it in couered Paste, and when it is baked,take vineger and suger,Synamon and Ginger, and put in, and shake the Paste, and stope it clesse, and let it stande almost a fornyght before you cut it vp.

To make a tarte that is a courage to a man or woman.

Take two Quinces , and twos or thzee Burre rootes, and a potaton, and pare your Potaton, and scrape your rootes and put them into a quart of wine, and let them boyle till they bee tender, & yust in an ounce of Dates, and when they be boyled tender, Drawe them through a strainer, wine and all , and then put in the yolkes of eight Egges, and the braynes of three or fourre cocke Sparrowes, and straine them into the

the other, and a little Rose water, and seeth them all with suger, Cynamon and Gynger, and Cloues and mace, and put in a little sweet butter, and set it vpon a chafing dish of coles betweene two platters, and so let it boyle till it be something bigge.

To stewe a Cocke.

Ydu must cutte him in syre peeces, and wash hym cleane, and take pruines, Currantes and Dates cutte verye small, and Reasons of the Sunne, and suger beaten veryz small, Cynamone, Gynger and Nutmegs likewise beaten, and a little Maydens hayre cutte verye small, and you must put hym in a Pipkin, & put in almost a pinte of Muscadine, and then your spicke and suger vpon your Cocke, and put in your scuite betweene every quarter, and a pece of Golde betwene euerye peece of your cocke, then you must make a Liddell of Wood fit for your pipkyn, and close it as close as you can with paste, that no ayre come out, nor water can come in, and then you must fill two brasse pots full of water, and set on the fire, and make fast the pipkin in one of the Brasse pottes, so that the pipkinsfecte touch not the brasse pot bottem, nor the pot sides, and so let them boyle four

A Booke

soure and twentie howres, and fill vp the pot still as it boyles away, with the other pot that standes by, and when it is boyled take out your Golde, and let him drinke it fasting, and it shall helpe him, this is aproued.

To preserue all kinde offruites, that they shall not breake in the preseruing of them.

Take a platter that is playne in the bottome, and laye suger in the bottome, then cherries or any other fruite, and so betweene cherries rowe you lay, throw suger, and set it vpon a pots heade, and couer it with a dish, and so let it boyle.

To make a sirop for bake meates.

Take Ginger, Cloues and Mace, Nutmegs, beat al these togeather very fine, and boyle them in good red Wineger vntil it be somewhat thicke, thys beeynge doone, drawe your pye when it is harde baked, and a small hole being made in the couer thereof at the first, with a Tunnell of paste, you must poure the sirroppe into the pye, that doone, couer the hole with paste, and shalb the pye well, and set it againe in the Ouen till it be thouroughly baked, and when you have

haue drawne it, turne the bottome upward
vntill it be serued.

To roast a Carpe or Tench with a Pud-
ding in his belly.

Take the Rones of a Pike and choppe
them very small, then put in grated
bread, two or thre^e egges, Currans,
Dates, Huger, Hynamon and Ginger,
and Mace, Pepper and salte, and put it in
his bellye, and put him on a Broche, and
make sweete sauce with Barberyes, or
Lemmons minced, and put into the sweete
sauce, and then put it on the Carpe, when
you serue it vp.

To make a fresh Cheeſe and
Creame.

Take a gallon or two of Milke from the
Cow^e and seeth it, and when it doth
seeth, put thereunto a quarte or two of
morning Milke in faire cleansing pans, in
ſuch place as no dust may fall therein, and
this is for your clowted Creame, the next
morning take a quart of mornings Milke,
and seeth it, and when it doth seeth, put in a
quarte of Creame therunto, and take it off
the fire, and put it into a faire earthen pan,
and let it ſtand vntill it be ſome what blood
warmed, but firſte ouer night put a good
quantity

A Booke

quantite of Ginger, with Rosewater, and
stirre it together, and let it settle all night,
and the next day put it into your said bloud,
warme milke to make your Cheeze come,
then put the Curdes in a faire cloth, with
a little good Rosewater, and fine powder
of Ginger, and a little Sugur, so last, great
soft rowles together with a thred, and crush
out the They with your clouted Creame,
and mire it with fine powder of ginger, and
Sugur, and so Sprinkle it with Rosewater,
and put your Cheeze in a faire dishe, and
put these cloutes round about it, then take
a pinte of rawe Milke or Creame, and put
it in a pot, and all to shake it, vntill it be ga-
thered into a froth like Snowe, and ever as
it commeth, take it off with a Spone, and
put it into a Collender, then put it vpon your
freshe cheeze, and pricke it with Wafers,
and so serue it.

THE NAMES OF ALL thinges necessary for a banquet.

Ginger.	Cinamon,	Licoraz.
Pepper.	Nutmegs,	All kinde of
Saffron.	Saunders.	Cumfets.
Anniseedes.	Coliander.	Orange.
		Pome.

Pomegranet. seedes. Damaske.

Corneselt. Lemons. water.

Pruncs. Rosewater. Dates.

Currans. Raisins. Cherries con-

Barberies cō- Rie flower. scrued.

scrued, Ginger. Sweete Dzen:

Peper white Cloues and ges.

and browne Mace. Wafers.

For your Marchpanes seasoned and

unseasoned, Spinndges.

To make Manus Christi.

Take fire spoonfull of Rosewater, and
ngraines of Ambergrēce, and 4. grains
of Barle beaten very fine, put these three
together in a Saucer and couer it close,
and let it stande couered one houre, then
take fourre ounces of very fine Suger, and
beate it small, and search it through a fine
search, then take a little earthen pot glased,
and put into it a spoonfull of Suger, and
a quarter of a spoonfull of Rosewater, and
let the Suger and the Rosewater boyle
together softelye, till it doe rise and fall a-
gaine thre times. Then take fine Rie flo-
wer, and sifte on a smooth borde, and with a
spoon take of the Suger, and the Rosewa-
ter, and first make it all into a round cake,

and

A Booke

and then after into little Cakes, and when they be halfe colde, wet them ouer with the same Rosewater, and then laye on your golde, and so shall you make very good Massus Christi.

To make a Caudle to comfort the
stomacke, good for an
olde man.

Take a pinte of good Muscadine, and as much of good stale ale, mingle them together, then take the yolkes of twelve or thirteene Egges newe laid, beat well the Egges firste by themselues, with the wine and ale, and so boyle it together, and put thereto a quarterne of Suger, and a fewe whole Pace, and so stirre it well, til it saeth a good while, and when it is well sod, put therin a fewe slices of bread if you will, and so let it soke a while, and it will be right good and wholesome.

To make a Trifle.

Take a pinte of thicke Creame, and season it with Suger and Ginger, and Rosewater, so stirre it as you would then haue it, and make it luke warme in a dish on a Chafingdishe and coales, and after put it into a siluer pice o; a boole, and so serue it to the boorde.

To

To make Marmelat of Quinces.

You must take a pottle of Water, and foure pound of Suger, and so let them boyle together, and when they boyle, you must skimme them as cleane as you can, and you must take þ whites of two or threë Egges, and beate them to froth, and put the froth into the pan so to make the skum to rise, then skimme it as cleane as you can, and then take off the Kettle and put in the Quinces, and let them boyle a good while, and when they boyle, you must stirre them stil, and when they be boyled you must boxe them vp.

To make butter paste.

Take floure, and seuen or eight egges, and cold butter & faire water, or Rose-water, and spices (if you will) & make your paste and beat it on a boord, and when you haue so done, devide it into two or three partes, and drine out the piece with a rowling Pinne, and doe with butter one piece by another, and then folde vp your paste upon the butter and drine it out againe, and so doe five or sixe times together, and some not cut for bearings, and put them into the Ouen, and when they be baked, scrape suger on them, and serue them.

D.

To

A Booke

To make Fritter stiffe.

Take fine flower, and threē or four egges, and put into the flower, and a peice of Butter, and let them boyle altogether in a dishe or a chaser, and put in suger, synamon and Ginger, and Rosewater, and in the boylling put in a little grated bread to make it bigge, and then put it into a dish and beate it well together, and so put it into your moulde, and frye it with clarified butter, but your butter maye not be too hotts nor too colde.

To make a made dishe of Artechokes.

Take your Artechokes and pare away all the top euē to the meate and boyle them in sweete broth till they be somewhat fender, and then take them out, and put them into a dishe, and seethe them with Pepper, synamon and ginger, , and then put in your dishe that you meane to bake them in, and put in Marrowe to them good stoe, and so let them bakes, and when they be baked, put in a little Wineger and butter, and sticke threē or fourre leaues of the Artechoks in the dishe when you serus them up, and scrape suger on the dish,

To

To fric Bakon.

Take Bacon and slice it very thinne, and cut awaye the leane, and bruse it with the backe of your knife, and fry it in sweet Butter, and serue it.

To fric Chickins

Take your chickens and let them boyle in verye good sweete broath a prittye while, and take the chickens out, and quarter them out in peeces, and then put them into a Frying pan with sweete butter, and let them stewe in the pan, but you must not let them be browne with frying, and then put out the butter out of the pan, and then take a little sweete broath, and as much Mergics, and the yolkes of two Egges, and beate them together, and put in a little Nutmegges, synamon and Gingers, and Pepper into the saunce, and then put them all into the pan to the chickens, and stirre them together in the pan, and put them into a dish, and serue them vp.

To make a boyled meat after the French waies.

Take Pigionis and larde them, and then put them on a Broach, and let them be halfe rosted, then take them off the broach, and make a Pudding of sweete hearbes of

A Booke

euery sorte a good handfull, and chop Dre
white amongst the hearbes very small, and
take the yolkds of five or sixe egges and
grated bread, and season it with Pepper,
Synamon and Ginger, Cloues and Pace,
suger, and Currans, and mingle all toge-
ther, and then put the stuffe on the pigeons
round about, and then put the pigeons into
the Cabeges that be perboyled, and binde
the cabbedge fast to the Pigeons, and then
put them into the pot where you meane to
boyle them, and put in Bæfe broth into
them, and cabeges chopped small, and so
let them boyle, and put in Pepper, cloues,
and Pace, and prick the Pigions full of
Cloues before you put the pudding on the
and put a peice of Butter, Synamon, and
Ginger, and put a little Vineger and white
wine, & so serue them vp, and garnishe them
with fruite, and serue one in a dish, and but
a little of the broath you must put into the
dish when you serue them vp.

To make a Sallet of all kinde
of hearbes.

Take your hearbes and picke them very
fine into faire water, and picke your flo-
wers by themselves, and washe them al
cleane, and swing them in a strainer, and
when

when you put them into a dish, mingle them with Cowcumbers or Lemmons payzed and sliced, and scrape Suger, and put in vineger and Dyle, and throwe the flowers on the toppe of the sallet, and of every sorte of the aforesaide things, and garnish the dish about with the foresaide thinges, and harde Egges boyled and laide about the dish and vpon the sallet.

A sauce for a Conie.

Cut Onions in rundels and frie them in butter, then put to them wine Vineger, salt, ginger, camomill and pepper, and a little suger, and let it boyle till it be good and fast, then serue it vpon the conie.

To make a Sallet of Lemmons.

Cut out slices of the peeles of the Lemmons long wates, a quarter of an inche one peece from an other, and then slice the Lemmon very thinne, and lay him in a dish crosse, and the peeles about the Lemmons, and scrape a good deale of suger vpon them, and so serue them.

To make a sausedge.

Take Martinmasse beefe, or if you can not get it, take fresh beefe, or the lean of bacon if you will, & you must mince

A Booke

very small that kinde of flesh that you take, and cut Lard & put into the minced meate, and whole pepper, and the yolkes of seauen Egges, and mingle them altogether, and put the meate into a gut very salt, and hang him in the Chimney where he may dry, and there let him hang a moneth or twoo before you take him downe.

To make a pie.

First perboyle your flesh and prese it and when it is pressed, season it with pepper and salt whilest it is hot, then larde it make your paste of Rie flower: it must bee verye thick, or else it will not hold, when it is sea-soned and larded laye it in your pie, then cast on it before you close it a good deale of Cloues and Mace beaten small, and throwe vpon that a good deale of Butter, and so close it vp: you must leau a hole in the top of the lid, & when it hath stooode two oures in the ouen, you must fill it as full of Wine, ger as you can, and then stoppe the hole as close as you can with paste, and then set it into the Ouen againe: your Ouen must be very whet as the first, and that your pies will keepe a greate while, the longer you keepe them, the better they will bes: when they bee taken out of the Ouen and almost cold

colde, you must shake them betweene your handes, and set them with the botteme vp-
warde, and when you set them into the D-
uen , bee well ware that one pye toucheth
not an other by more then ones hand bredeþ:
Remember also to let them stand in the D-
uen after the vineger be in two houres and
more.

To make white broth with
Almondes.

First looke that your meate be clean wa-
shed, and then set it on the fire, and when
it boyleþ scumme it cleane , and put somþ
salt into the pot, then take rosemarie, time,
Isop and margerum, and bind them toge-
ther, and put them into the pot , and take a
biske of sweete butter, and put it into the
pot amongest your meats, and take some
whole mace, and binde them in a clout, and
put them into the pot with a quanticie of
vergice, and after that take a quanticie of
Almondes as shall serue the turne, blanche
them, and beate them in a morter, and then
straine them with the broth your meate is
in. And when these almondes are strayned
put them in a pot by themselves with some
Sugger, and a little Ginger, and also a lit-
tle Rose water , and then stirre it while
boyle

A Booke

boyle, and after that take some fyced oren-
ges, without the kernelles, and boyle them
with the broth of the pot vpon a chafing dish
of coales, with a little suger, and then haue
some lippets readie in a platter , and serue
the meate vpon them, and put not your Al-
mondes in till it be ready to be serued.

To make pottage to loose
the bodec.

Take a chicken and seeth it in running
water, then take two handfuls of violet
leaues, and a good prettie sorte of reasons of
the Sunne, picke out the stones, and seeth
them with the chickens, and when it is wel
sodden, season it with a little salt and strain
it and so serue it.

To make another very good po-
tage to bee vsed in the
morning.

Take a chickin and seeth it in faire water
and put to it violet leaues a handfull or
twoe, or else some other good hearbes, that
you like in the stead of them, and so let them
seeth togeather tyll the chicken be readie to
fall a peeces, then straine it, and cut thinne
peeces of bread, and seeth in it till the bread
be verie tender, and then season it with salt.
And on the sythe daie seeth the hearbes as
before

before in faire running water and straine it and seeth bread as before in it , and season it with salt and put in a peece of butter.

To boile diuers kindes of fishes.

Bret, Conger, Thornebacke, plaice, fresh Hamon, all these you must boyle with a little faire water and vineger, a little salt, and bay leaues, and sauce them in vineger , and a little of the broth that they are sodden in with a little salt, and as you ses cause shifte your sauce, as you do beefe in brine, and also fresh Sturgion, seeth it as is aforesayde, and sauce it as yee did the other, and so yee may keepe it halfe a yeare with chaunging of the sauce, and saltē Sturgion seeth it in water & salt, and a little vineger, and let it be cold, and serue it foorth with vineger, and a little Fenell vpon it but first or yee seeth it; it must be watered.

To make broth for one that is weake.

Take a Legge of veale and set it ouer the fire in a gallon of water skunning it cleane, when you haue so doone put in thre quarters of a pounde of small reasons, halfe a pound of prunes, a good handfull of Burreage, as much langdebeefc, as much mints and

A Booke.

and the like quantitie of harts-tongue, let al these seeth together til all the strength of the flesh be sodden out, then straine it so clean as you can, and if you thinke the patient bee in anie heates, put in violet leaues and sauoye as you do with the other hearbs.

To boile a capon with a sirrop.

Boyle your Capon in sweete broath, and put in grosse pepper and whole mace into the capons bellie, and make your sirrop with spinnage, white wine, and currantes, suger, cinnamon and Ginger, and sweet butter, and so let them boyle, and when your capon is readie to serue put the sirroppe on the capon, and boyle your spinnage before you make your sirrop.

To dresse a hare.

VVash her in faire water, perboyle her, then lay her in colde water, then larde her and rest her, and so; sauce taketh red wine, salt, vineger, ginger, pepper, cloves and mace, put these together, then mince onions and apples and frye them in a panne, then put your sauce to them with a little suger, and let them boyle together and then serue it

To

To bake a hare.

Take your Hare and perboile him, and mince him, & then beat him in a morter verie fine, luer and all if you will, and season him with all kinds of spice and salt, and doo him together with the yolks of seuen or eight egges, whell you haue made him vp together, drawe Larde verie thicke through him, or cutte the Larde and mingle them together and put him in a pye, and put in butter before you close him vp.

To rost Deares tonges.

Take deares tonges and larde them and serue them with sweete sauce.

To make Blewmanger.

Take to a pinte of creame twelue or sixteene yolkes of egges, and straine them into it, and seeth them well euer stirring it with a sticke that is broad at the end but before you seeth it put in suger, and in the seething tast of it that you may if neede bee put in more suger, and when it is almost sodden put in a little Rose water that it may taste thereof, and seeth it well till it be thicke, and then straine it againe if it hath neede, or else put it in a fayre Dish and stirre it till it be almost cold, and take the white of all the Egges, and straine them with a pinte of creame

A Booke.

Cream and seeth that with suger, and in the ende put in rose water as into the other, and seeth it till it be thicke enough, and then vse it as the other, and when ye seiue it ye may serue one dish and another of the other in roules, and cast on biskets.

To make peascods in Lent.

Take Figs, Raisons, and a few Dates, and beate them very fine, and season it with Cloues, Mace, Cynamon and Ginger, and for your paste seeth faire water and oyle in a dish vpon coales, put therein saffron and salt and a little flower, fashion them then like peascods, and when ye will serue them, frye them in Dyle in a frying panne, but let the Dyle bee verie hotte, and the fire soft for burning of them, and when yee make them for fleshe dayes, take a fillet of veale and mince it fine, and put the yolkes of two or three rawe egges to it, and season it with pepper, salt, cloves, mace, honie, suger, cynamon, ginger, small raisons, or great minced, and for your paste, butter, the yolke of an egge, and season them, and frye them in butter as yes did the other in oyle.

To

To bake Quinces, Peares and Wardens.

TAKE and pare and coare them, then make your paste with faire water and butter, and the yolke of an egge, then set your Dringes into the paste, and then bake it well, fill your paste almost full with Synamon, Ginger and Suger. Also Apples must be taken after the same sorte, sauing that whereas the core should be cut out they must be filled with Butter every one, the hardest Apples are best, and likewise are Peares and Wardens, and none of them all but the wardens may be perboyled, and the Duen must be of a temperate heat, two houres to stand is enough.

To make a Tarte of Spinadge.

TAKE Spinadge and seeth it stalke and all, and when it is tenderly sodden, take it off, and let it drayne in a Culynnder. and then swing it in a clowte, and stampe it and straine it with two or thre yolkes of egges, and then set it on a chafin-dish of coales, and season it with butter and Suger, and when the paste is hardened in the Duen, put in this Comode, strake it eu'en.

To

A Booke

To make blame mangle.

Take all the braine of a capon and stamp it in a morter fine, and blanched almondes, and sometimes put to them Rosewater, and season it with powder of syamon, ginger and suger, and so serue it,

To make a Tarte of an eare
of Veale.

Take two pound of great Raisons, and washe them cleane, and pick them, and take out the stones of them, and take two Kidneys of Veale, and a peice of the legge which is leane, and boyle them altogether in a pot with the straint of the broth of matton, and boyle it, and let it boyle the space of one howre, then take it vp and choppe it fine, and temper it with crummes of bread finely grated, and take nine yolks of egs, & temper the altogether, and season them with syamon, ginger, suger, and small Raisins, great raisons minced, Dates and Saffron. Then take fine flovre and water, and thre yolkes of Egges, Butter and saffron, and make them like a round Tart close with a couer of the same passe, and set him in the Ouen, and let him stand one howre, then take him forth, and endore it with Butter,

and

and cast a powder of synamon, Ginger, and suger, and so serue it.

To make a Tarte of Straw-
beries.

Take strawberies and washe them in claret winc, thicke and temper them with rosewater, and season them with synamon, suger and ginger, and spread it on the Tarte, and endore the sides with butter, and cast on suger and biskettes, and serue them so.

To make a close Tarte of Cherries.

Take out the stones, and laye them as whole as you can in a Charger, and put Mustard in synamon and ginger to them, and laye them in a Tarte whole, and close the, and let them stand thras quarters of an houre in the Ouen, then take a firrope of of Muscadine, and damask water and suger, and serue it.

To make a close Tarte of greene Pease.

Take halfe a peck of græne Pease, sheale them and seeth them, and cast them into a cullender, and let the water go from them then put them into the Tarte whole, & season them with Pepper, saffron and salte, and a dish of sweet butter, close and bake him al most one houre, then drawe him, and put to him

A Booke

him a little Vergice, and shake them and set them into the Duen againe, and so serue it.

To make a Tarte of Damsons.

Take Damsons and seeth them in Wine, and straine them with a little Creame, then boyle your stufse ouer the fire till it be thicke, put thereto suger, synamon and ginger, but set it not into the Duen after, but let your paste be baked before.

To make a florentine.

Take the kidneis of a loyne of veale that is roasted, and when it is cold shredde it fine, and grate as it were half a Manchette very fine, and take eight yolkes of Egges, and a handfull of currans, and eight dates finely shred, a little senamon, a little ginger a little suger and a little salt, and mingle them with the kidneyes, then take a handfull of fine flower and two yolkes of egges, and as much butter as two egges, and put into your flower, then take a little seething licquor, and make your paste and drue it a broad very thinne, then strake your dish with a little butter, and lay your paste in a dish & fill it with your meate, then drawe an other shet of paste thinne and couer it withall, cut it handsonly vpon the top, and by the sides, and then put it into the Duen, and

and when it is halfe bakt drawe it out, and take two or three feathers, and a little Rosewater, and wette all the couer with it, and haue a handfull of suger finely beaten, and strawe vpon it, and see that the Rosewater wat in every place, and so set it in the ouen againe, and that will make a faire ise vpon it, if your Ouen be not hotte enough to reare vp your ise, then put a little fire in the Ovens mouth.

To make Almond butter after the best
and newest fashion.

Take a pound of Almonds or more, and blanch them in colde water or in warme as you may haue leysure, after the blanching let them lye one houre in cold water, then stamp them in faire cold water as fine as you can, then put your Almonds in a cloth, and gather your cloth round vp in your handes, and press out the iuice as much as you can, if you thinke they be not small enough, beate them again, and so get out milke so long as you can, then set it ouer the fire, and when it is ready to seeth, put in a good quantitie of salte, and Rosewater that will turne it, after that is in, let it haue one boylng, and then take it from the fire, and cast it abroad vpon a linnen cloth,

A Booke

and vnderneath the Cloth scrape of the
Whay so long as it will runne, then put
the butter together into the middest of the
cloth, binding the cloth together, and let it
hang so long as it will drop, then take pec-
ces of Huger so much as you thinke will
make it swete, and put thereto a little rose-
water, so much as will melt the Huger,
and so much fine pouder of Saffron as you
thinke will colour it, then let both your sur-
ger and Saffron steep together in the little
quantytie of Rosewater, and with that
season vp your butter when you wil make
it.

To make Oyster Chewets.

Take a pecke of Oysters & wash them
cleane, then sheal them and wash the
faire in a Cullendar, and when they
be sydden, straine the water from them, and
chop them as small as pye meate, then sea-
son them with pepper, halfe a pennisworth
of cloues and Mace, halfe a pennisworth of
Synamon and ginger, and a pennyworth of
suger, a little saffron & salt, then take a hand-
full of small raisons, sixe dates minced smal
and mingle them altogether, then make
your paste with one pennyworth of fine
flour, tenne yolkes of Egges, a halfe pen-
nyworth

nitworth of Butter with a little saffron and boylng water, then raise vp your chewets and put in the bottom of euery one of them a little Butter, and so fill them with your stiffe, then cast Prunes, Dates, and small Raisons vpon them, and being closed, bake them, let not your Duen be too hottle for they will haue but little baking, then draw them, and put into euery one of them two spoonefull of vergice and butter, and so serue them in.

To make a Tarte of Medlers.

Take medlers that be rottē, and stamp them, then set them on a chassing dish and coales, and beate in two yolkes of egges, boylng it till it be somewhat thick, then season them with suger, sianamon, and ginger, and lay it in paste.

To make a Quinces moyse or

Wardens moyse.

YDu must rost your Wardens or Quin-
ces, and when they be rostes, pil them,
and straine them together, and put in
Suger, sianamon and Ginger, and put it in
a plate, and then smooth it with a knifse, and
scrape a little suger on the top, and nicke a
little with a knifse.

A Booke

To make an other pretie dishe, with dates,
and the iuice of two or three
Orenges.

Traine them into a dishe, and so make
Chambers of passte vpon a sticke, put
the sticke vpon a loafe of bresad, and so dry
them in the Duen, and then clarifie a little
Butter, and fry them in it, and lay them in
a dish, and serue suger on them.

To make Hypocrase.

Take a gallon of white wine, suger two
pound, of sinamon y d. ginger y d. long
pepper y d. Mace y d. not brused, Graines
y d. Gallingall y d. od. Cloues not brused,
you must bruse every kinde of spice a little, &
put them in an earthen pot all a day, & then
cast them through your bags two times or
more as you see cause, and so drinke it.

To make Marmelet of Quinces.

Take very good Quinces, and pare them
and cut them in quarters, then coare
them cleane, and take heed it be not a stony
Quince, and when you haue pared and co-
red them, then take two pintes of running
water, and put it into a brasse pan, casting
away eight spoonefules of one of the pintes,
then waigh thre pound of fine suger, & beat
it

it, and put it into the wafer, make your fire where you may haue a good light, not in a chimney, then set on your pan vpon a tree-uet, and when your suger and wafer begin-
neth to boile, you must skimme it cleane, then put in sixe spoonfuls of rosewater, and if there rise any more skumme, take it of and so put in your thre pound of quinces, and so let them boile but softly, and if you see the colour wafer somewhat deepe, now & then with a faire slice bee breaking of them, and when your liquor is well consumed away, and the colour of your quinces to growe fairer, then be still stirring of it, and when it is enough you shall see it rise from the bottom of your pan in stirring of it, and so bor it, and yee shall haue it to bee good marmelat and a verie orient colour, if you will you maye put some muske into it, some rosewater, and rub your bor withall, it will giue it a pretie sent, and it is a very good way.

To make a sirrop of Quinces to
comfort the stomack.

Take a great pint of the iuyce of quinces, a pound of suger, and a good halfe pint of vineger, of ginger, þ weight of fine groates, of cinammon, þ weight of sixe groats, of pepper, þ weight of thre groats, & two pence.

A booke

To make marmelet of Quincies.

Take verie good Quincies and pare them & cut them in quarters, then coze them cleane, & take heed it be not a stony quince, and when you haue pared and cozed them, and take two pintes of running water, and put it into a brasie, casting always eyght spoonefulls of one of the pintes, the wayght of foure pound of fine suger, & beate it & put it into the water: make your fire where you may haue good light, & not in the chimney, then set suer your panne vpon a Treuet, and when your suger and water beginneth to boile you must straine it cleane, then put in sixe spoonefulls of rose water, and if there rise any more skumme, take it off and put it into boxes.

To make condomacke of quinces.

Take five quarts of running water, and a quart of french wine, put them together, then take quincies and pare them and cutte them till you come at the cores, then weigh ten pounde of the quinces, and put them into your pan of water and wine and boile them ouer a quicke fire till they bee tender, kee- ping your panne verye close couered, then take a peece of fine canuas & put your quin- cies and liquor in it, and when your sirroppe is

is all runne through, put in so much fine suger as will make it sweete, and set it ouer a quicke fire againe, stirring with a sticke till it be so thicke that a drop will stand vpon a dish, then take it from the fire and put it in boxes.

To make cast creame.

Take milke as it commeth from the cow, a quart or lesse, and put thereto rawe yolkes of egges, temper the milke and the egges together, then sette the same vpon a chafingdish and stirre it that it curde not, and so put suger in it, and it will bee lyke creame of Almondes, when it is boyled thicke enough cast a little suger on it, & sprinke Rosewater thereupon, and so serue it.

To make good Resbones.

Take a quart of fine flower, lay it vpon a faire boord and make a hoale in the middest of the flower with your hande, and put a spoonefull of Ale yeast thereon, and ten yolkes of egges, & two spoonefuls of cynamon and one of ginger, and one of cloves and mace, and a quarterne of suger finelye beaten, and a little saffron, & halfe a spoonefull of salt, then take a dishe full of butter, melt it and put it into your flower, and

A booke

therewithall make your paste as it were for
mancheat, and mould it a good while, & cutte
it in peeces of the bignesse of Ducks egges,
and so mould euerie pece as a mancheat, &
make them after the fashion of an inckhorn
broad aboue and narrow beneath, then sette
them in the Ouen, and let them bake three
quarters of an houre, then take two dishes
of butter and clarifie it vpon a soft fire, then
draw it out of the suen, and scrape the bot-
tome of them faire and cleane, and cut them
ouerthwart in foure peeces , and put them
in a faire charger, and put your clarified
butter vpon them, and haue cinamon and
ginger readie by you, and suger beaten ve-
rie small, and mingle altogether, and euer
as you set your peeces together, cast some of
your suger, cinamon and ginger vpon them,
when you haue set them all vp, lay them in
a faire platter & put a little butter vpo them,
& cast a little suger on them, & so serue them.

To make a vaunt.

Take marie of Beefe as much as you
can holde in both your hands, cut it as
big as great dice, then take dates and
cutte them as bigge as small Dice , then
take foytie prunes and cutte the fruities
from the stones , then take halfe a handfull
of

of small raisons, wash them cleane and
pricke them, and put your marie in a fayre
platter, and your Dates, Prunes and small
raisons, then take twenty yolkes of egges,
and put in your stiffe before rehearsed, then
take a quarterne of Huger or moze, and
beate it small and put in your marrow, then
take two spoonefulls of Synamon and a
spoonefull of Ginger, and put them to your
stiffe and mingle them altogether, then take
eight yolkes of egges, and foure spoonefulls
of Rosewater, straine them and put a little
suger in it, then take a faire frying panne
and put in a little piece of butter in it, as
much as a walnut, set it vpon a good fire,
and when it looketh almost blacke, put it
out of your panne, and as fast as you can
put halfe of your egges in the midest of
your panne, and frie it yellowe, and when
it is fried, put it into a faire dish, and put
your stiffe there in, and spredde it all the bot-
some of your dish, and then make another
vaunt euuen as ye made the other, and set it
upon a faire boord, cut it in pretie peeces, of
the length of your will finger, as long as
your vaunt is, and laye it vpon your stiffe
after the fashion of a little windowe, and
then cutte off the endes of them as mache

as

A Booke

as lieth without the inward compasse of the dish, then set the dish within the Duen, or in a baking panne, and let it bake with leasure, and when it is baked enough, the marrowe will come faire out of the baunt to the brim of the dish, then drawe it out, and cast a little suger on it, and so serue it in.

To preserue quinces whole.

Take a pottle of faire water, and put it into a cleane panne, and bente iii. pound of fine suger, and put into it, then sette it on the fire, and when you haue skinned it, put in twelue spoonfuls of rose water, then take x. faire Quinces and pare them, and core them cleare, then put them into your sirrup, and so couer them verie close for the space of two houres with a faire platter, and let them boyle a good pace at the two houres and vancouver them, and looke whether you find them tender, and that they haue a faire crimson colour, then take them vp, and lay them upon a faire platter, couering your sirroppe againe. And let it seeth while it be somewhat thicke, then put your Quinces into your sirruppe againe, and so haue a faire galie pot, and put in both your sirrup and quinces as fast as you can, and couer

couer your potte close that the heate goe not forth, you must not put them in a glasse for it will breake.

To preserue peare plummes.

First take two pounde and a halfe of fine suger, and beate it small, and put it into a pretie brasse potte with xx. spoonefalles of rosewater, and when it boyleth skimme it cleane, then take it of the fire, and let it stande while it be almost colde then take two pound of peare plummes, and wipe them vpon a faire cloth, and put them into your sirruppe when it is almost colde, and so sette them vpon the fire againe, and let them boyle as softlye as you can when they are boyled enough the kernelles wilbe yellow, then take them vp, but let your sirrup boile till it be thicke, then put your plummes vpon the fire againe, and let them boyle a walme or two, so take them from the fire, and let them stande in the vessell all night, and in the morning put them into your pot or glasse and couer them close.

To preserue orenges.

Chuse out the fairest, and the heaviest, that is full of liquo; and cut them ful of little specks, then make a little round hole in the stalke of the Orenge, and breake the strings

A Booke

Stringes of the meate of the Drenches & close
the meat to the sides of your Drenches with
your finger, then will part of the iuice and
kernells come out, and laye them in water
thre daies and thre nights, then take them
out, and set a pan with water ouer the fire,
and when it seeths, put in your Drenches,
let them not seeth too fast, then you must
haue another panne with water readye see-
thing to shifte your Drenches out of the other
water, when they haue sodden a prett while
and so haue one panne after another to shifte
them still vpon the fire x. or xii, times to
take away the bitternesse of the Drenches,
and you must keepe them as whole as you
can in the boyling, and then take them vp
one by one, & lay them vpō a platter the hole
downeward, that the water may runne the
clearer out of them, then let them stande so
vndill you haue boyled your sirroppe, readie
for them. Nowe to make your sirroppe take
to euerie two Drenches, a pinte of water, & a
pound of suger, let your suger be finely bea-
ten before you put it into your liquoy & looke
that the kettle you boyle them in, be sweete
brasse, then take x. whites of egges, and put
them into your kettle with your liquoy and
suger, and beate your whites of egges, and
the

the liquo^r together a good quarter of an
houre, then set your liquo^r vpon a losse fire
of coales, and let it seeth so soon as you can,
hauing a faire skimmer, and a Cullender
ready, and set your Colender in a faire ba-
son, and as your whites of egges riseth in
skumme take them vp with your skimmer
and put them in your Collender, and you
shall haue a great quantity of sirrope come
from your skumme through your Colen-
der into your basin, and that you must saue,
and put it in to your kettle agoin, and when
your great skumme is off, there will arise
still some skumme, which you must take
off with a skimmer, as cleane as you can,
and when your sirrope hath sodden a pretie
while, then put in your Drenge^s, and let
them boyle softlye, till you think they be e-
nough, & the sirrop must be somewhat thick,
then let your Drenge^s stand al night vpon
the fire, but there must be nothing but im-
bers. And in the morning take them vp, and
put them in Glasses or Gally pots.

To preserue Cherries.

To every pound of cherries take a pound
of suger, that done, take a fewe cherries
and distraigne them to make your sirrope,
and to euerye pound, a pound of suger, and
cherries

A Booke

cherries, take a quarter of a pound of sirrop, and this done, take your sirrope and suger, and set it on the fire, then put your cherries into your sirrope, and let them boyle fve severall times, and after every boylling skum them with the backside of a spoone.

To preserue Gooseberries.

Take to every pound of Gooseberries, one pound of suger, then take some of the Gooseberries and distraigne them, then take the sirrope, and to every pound of Gooseberries, take half a pound of sirrop, then set the suger and the sirrope ouer the fire, and put in the gooseberries, and boyle them foure severall times, and skumme them cleane.

To make Apple moyse.

Roast your apples, and when they be rosted, pill them and strain them into a dish, and pare a dozen of apples and cut them into a chaser, and put in a little white wine and a little Butter, and let them boile till they be as soft as Pap, and stirre them a little, and straine them to some warden rosted and pilled, and put in suger, Caymanon and Ginger, and make Diamonds of Paste, and lay them in the Sunne, then scrape a little suger vpon them in the dish.

**A pouder peerelesse for
wounds.**

Take Dspiment and Verdigrēce, of ech
an ounce, of Altrial burned till it be red
two ounces, b̄ray each of them by it selfe in a
Brasen morter, as small as flower, then
mingle them altogether that they appears
all as one, and keepe it in Bagges of lea-
ther well bound, for it will last seuen yeares
with one vertue, and it is called pouder peer-
les, it hath no p̄ere for working in Chirur-
gerie, for put this pouder in a wounde,
whereas is dead flesh, and lay scrapte Lintes
about it, and a plaister of Duiflosius next
underneath written, and it &c. The rest
wanteth.

**A medicin for the Megrime, Impostume
of the Rewme, or other disca-
ses in the head.**

Take Pellitory of Spaine the weight
of a groate, halfe so much Spiegall,
beate these in pouder, take the tops of
Isope, of Rosemary with the flowers, three
or fourte leaves of Sage in the hole, of these
herbes one small handfull, boyle all these
herbes with the Spices in halfe a pinte of
White wine, and halfe a pinte of Vineger
of Roses, v̄till one halfe of the liquor be

A Booke

consumed, then straine forth the hearbes, and set the liquor to coole, and being colde put thereunto threë spoonesfull of good Mustard, and so much honey as will take away the tartnes of the medicine, and when the patient feeleth any payne in his head, take a spoonefull thereof, and put it into his mouth, and holde it a prittie while galing, and then spitte it forth into a vessel, and so vse to take ten spoonefulls at one time in the morning fasting, vsing this threë daies together, when they feele themselues troubled with the Kelwne, at the fall and spring of the lease is best taking therof, and by the grace of God they shall finde ease.

You must keepe this same medicine verie close in a glasse, whose goodnesse will last ten dayes and when you take it, warm it as milke from the Cowe.

A Copie of Doctor Steeuens water.

Take a gallon of Gascoigne wine, then take Ginger, Galingale, Camamill, Cynamon, Graines, Cloues, Space, any seedes, Fennell seedes, Carraway seedes, of euery of them one dramme, that is two pence

pace halfe peny waight, then take Suger
minced, red Roses, Rose. Pellitorie of the
wall, wilde Marjerum, Veneryall, Venis
mountain. wilce Rose, Lauender, auens,
of euery of them one handfull, then beate
the spice small, and bruse the hearbes, and
put a ll to the wine, and let it stand twelue
houres, stirring of it diners times then still
it in a Limbecke, and keepe the first pinte
of water by it selfe, so it is best, then will
come a second water, which is not so good
as the first, the vertue of this water is this:
It comforteth the spirites, and preserueth
greatlye the youth of man, and helpeth in-
warde diseases comming of colde, against
the shaking of the Palsey, it cureth the con-
traction of sincwes, and helpeth the vncep-
tion of women, it killeth the wormes in the
bellye, it helpeth the tooth-ache, it helpeth
the colde Colte, it comforteth the Stomack,
it cureth the cold Dropsey, it helpeth the
Stone in the Bladder, and the Reines of
the backe, it cureth the Canker, it helpeth
shortlye a stinking breath. And who so useth
this water now and then and not too often,
it preserueth him a good liking, and shall
make him seeme yong very long.

Approued pointes
A medicine for all manner
of Sores.

Take unswrought Ware, Turpentine,
oyle Oliffe, Sheeps Tallowe, or Deeres
Sewet, a quantitye of every of them, and
then take a quantitye of the iuice of Bugel,
the iuice of smallage, a quantitye of Ros-
sen, and boyle them all together ouer a
soft fire, stirring them alwaies till they be
well mingled, and that the gretenes of the
iuice be come, and then straine it through
a faire cloth into a cleane vessell, and this
shall heale Wounde or Sores whatsoeuer it
be.

Another for all sores.

Take a quarter of a pound of Pitch, as
much of Ware, as much of Rossen, as
much of Capons grease, or other soft grease,
and put them in a panne and seeth them al-
together, till they bee melted, and then
straine them through a faire cloath, and
make a plaister to lay to the place greted,

To defend Humors.

Take beanes, the rinde or the upper skin
being pulled of, & bruse them and mingle
the with the white of an Egge, and make
it sticke to the Temples, it keepeth backe
humors flowing to the eyes.

To

To make Rosemary water.

Take the Rosemarye, and the flowers in the muddest of May, before sunne arise, and stripp the leaues and the flowers from the stalke, take fourre or five alicompans rootes, and a handfull or two of Sage, then beate the Rosemarye, the Sage and rootes together, till they be very small, and take three ounces of Cloues, ij ounces of Mace, ij.ounces of Nuttles, halfe a pound of Aniseedes, and beate these spices every one by it selfe. Then take all the hearbes and the Spices, and put therein fourre or five gallons of good white wine, then put in all these Hearbes and Spices, and Wine, into an earthen pot, and put the same pot in the ground the space of xixene dayes, then take it vp, and styll in a Styll with a very soft fire.

To make Bisket bread.

Firste take halfe a Pecke of fine white Flower, also eight newe laide egges, the Whites and Yolkes beaten together, then put the said egges into the Flower, then take eight Graines of fine Milke, and stampe it in a Morter, then put halfe a pint of good Damaske water, or else rose water into the Muske, and mingle it together,

Approued pointes

and put it into wine or Muskadine , but Muskadine is better , and put it into the flowre, also one ounce of good anniseedes, clean picked and put therin, and so to work them altogether into a Paste, as yee doe bread, and then make your biskettes into what fashion you thinke best, and then put them into an Duen, and bake them hard if you will keepe them long, or else but indiferent, if you will haue it candite, take rose-water and Suger , and boyle them toge- ther till they be thicke, and so slices of bread, then set hot in the Duen vntill the same be candit.

Certaine approued pointes of Husban-
drie, very necessary for all Hus-
bandmen to knowe.

First of Oxen,

Tokenes whereby an Ox is knowne to be good and towarde for the worke, are these : readye and quicke at the voice , he moueth quickly, he is shor and large, great eares, the Hornes lively and of misane big-
nesse and blacke, the head shor, the breast large a great panche , the tayle long, touching the ground with a tuffe at the end, the haire curled , the backe straight, the raines

rains large, the leg strong and kniwer, the houffe shorte, and large, the best colour is blacke and red, and next vnto that the baye and the pyed, the white is the worst, the greye and the fallows or yellowe is of lesse valure. The charge of one that keepeth them is chiefely to use them gently, to serue them with meate and good litter, to rubbe or kembe them at night, to strike them ouer in the morning, washing sometimes their Tailes with warme water, also to keepe their stable cleane, and that the poultie or Hogges come not in, for the feathers maye kill the Dre, and the dung of sickle Hogges breedeth the murren.

Item hee must knowe discreetly when oren haue laboured enough, and when but little, and according to that they are to bee fed.

Item that he worke them not in a time too cold or too wet.

Item that hee suffer not them to drinke presentlie after a great labour, and that hee tie them not vp soorthwith, vntill they bee a little refreshed abroade.

The Dre desireth cleare or running wa-
ter like as the Hoſe desireth the puddle or
trouled water.

Approuued points

Item that at their comming home, hee
alwaies overlooke them, whether there bee
anie Thornes in their feete, or if the yoke
haue gauled them.

In Fraunce they gelde all their Bull-
calues about the age of two yeares, and that
at the fall of the lease.

The day when they are to bee cut, they
must not drinke, and must eate but little.
They suddenly clipp the sinnewes of the
stones with a paire of tonges, and so cutte
out the stones in such sorte, as they leaue be-
hind the ende that is tied vnto the sinnewes
for so the Calfe or Bullocke shall not bleede
ouermuch, nor shall leese all his virility and
courage.

At the age of ten monethes the Bullock
changeth his fore teeth, and at sixe moneths
after they scale the next teeth, and at the
ende of three yeares he chaungeth all his
teeth.

Note when an Dre is at best, his teeth
are equall, white and long, and when hee is
old, the teeth be vnequall and blacke.

If an Dre haue the laske, which often
times is with bloud, and maketh him verie
weake they keepe him from drinke four or
five dayes, they giue him Walnuttis and
hards

harde Cheese, tempered in thicke wine, and for the vttermost remedie, they let him bleed in the middes of the forehead.

To make him loose bellied they gine him two ounces of aloes, made in pouder with warme water.

An Ox pisseth bloud of beeing too much chaled, or of eating ill hearbes, or flowers, they keepe him from drinke and drench him with Treacle in two pints of Wine or ale, putting thereto Saffron.

For the Cough they seeth Slopz in his drinke.

For the biting of an Adder or venomous dogge, they noint the place with oyle of Scorpion.

If hee bee lame of colde in his feete, they wash him with old brine warmed.

If he be lame of the abundance of bloud fallen downe into the pasternes and hoofe, they dissolue it by rubbing and launcing.

Item the better to keepe their Oxen in health, whether they be to be laboured or to be fasted, they wash his mouth eyght dayes with brine, and there is taken awaie much fleame, which taketh from an Ox his taste and stomack.

If the fleame haue made him haue the

Approuued points

marre which is knowne by the watering of
the eye, they wash his mouth with time and
white wine or rub it with water and salt.

Of Horses.

TOkens of a good Colte, the head lytle
and leane, the eare straight, the eyes
great, the nostrilles wide, the necke little
towarde the head, the back short and large,
close bellied, the cullions or stomes equall
and small, the tayle long tured with haire,
thicke and curled, the legges equall, high
and straight, the houffe blacke, harde and
tie, he shoulde be quicke and pleasant.

The age of Horses is knowne partly by
the hoofe, & principally by the teeth. When
the horse is two yeres and a halfe, the middle
teeth aboue and beneath doe fall.

When he is fourte yere olde, the dogge
teeth fal and others come in their places, be-
fore he be sixe yeres olde the great teeth a-
bove do fall, and the sixt yere the first that fel
come againe, the seauenth yere all is full,
and they be all shut.

Of sheepe.

CEraine dayes before the Ramees bee
put to the Powes, they drench them
with salt water, thereby the powes will
take

take the better, and the rammes (they say) were more full of appetite.

To haue many male lambes, they chuse a drie time, the winde at North, letting the powes go in pasture that lieth open against the Northerne winde, and then put in the rammes.

To haue many female lambes, they contrariwise obserue the Southwinde.

When a Pow is with lambe, if she haue a blacke tongue they say, the lambe will be blacke, and if the tongue be white, the lamb likewise will be white.

Tokens of a good sheepe: a great bodie, the necke long, the woll seepe, soft and fine, the belly great and couered with wooll, the fetts great, great eies, long legges and long taile.

Tokens of a good Ram, the body high and long, a great bellie couered with wool, a fleece thicke, the forehead broad, eyes black with much wool about them, great ears couered with wooll, great stones, well horned, but the more withered the better, the tongue and pallat of the mouth all white, to the ende that the Lambes may bee all white.

Approuued points of Hogges.

The hogge of himselfe though filthy, yet they say hee prospereth the best, if hee lodge in a cleane stie, and euerie mouth his stye should be cast ouer with fresh granell or sand, to make his lying fresh, and to drie vp the pisso and filth.

They geldc their pigges when they are a yeare olde or sixe moneths at the least, for they ware much greater if they be gelded at the saide age.

They chuse them Bores that hane the head short and large, the brest large, colour black or white, the feet short, the legs great, and those that hane strongest haire on the top of their back.

Those are to be kept for sowes whiche be longest, with hanging bellies, great Testes, deepe ribbed, a litle head, and short legges.

Hogges be sicke when they rubbe much their eare or restraine their meat, but if none of these signes appeare, they plucke off one of his haire on the backe, if he be clean and white at the roste, he is well, if he bee blowdie or soule he is sicke.

They will haue their hogges eyther all white, or all blacke, and in anye wise not.

not speckled or of two colours.

They refraine from dunging their lande while the moone increaseth, for that they note more abundance of weedes to come thereby.

Touching the sowing of Beanes they obserue this. At the fall of the leafe, in strong lande they sow the great Beanes. At spring time in weak and roud ground they sow the common small beans and both sorte at the full of the moone, that they may be the better codded.

They use to cut them at the newe of the Moone before day.

Their flax as soone as they haue gathered it, they set it vnder a house or houell, and suffer it not to take raine or dew as wee do.

To make Cheese yellow, they put in a little Saffron.

To kepe Apples, they lay them on straw strowed, the eyc of the apple downewardes, and not the stemme.

And when they woulde haue anie great store, well and long kept from perishing, they gather and choose the soundest, heauiest and fairest, beeing not ouer riped, they provide a bogshed, fat, or great Whitch, they

Approuued points

they bring the Apples where it shall stande, then they lay a laine of strawe , and vpon the same a laine of Apples. and then strawe againe, and apples likewise vntill the Vessel be full to the brimme, shutting it close, with the head or cover that no aire come in.

To cure themalladie of trees that beare wormeaten fruite, which comieth of much wet or a moist season, at that time they pearce the Trees through with an Auger as neere the roote as they may, to the ende that the humor wherof the wormes do breed, may distill out of the tree.

If trees through oldnesse or otherwise leue bearing of fruite vusuallie, they vse not to loppe them, but onelie cut away the head boughes, they uncover the rootes after all Saints tide, and cleane the greatest of the rootes, putting into the clifts shiners of flints or harde stones, letting them there remains, to the ende that the humour of the earth maye enter and ascend into the tree after about the end of winter , they couer againe the rootes with verie good earth: if they haue anie deade Carrions they burie them about the rootes of suche Trees.

An

An excellent drinke for the Tissicke
well approued.

Take a handfull of fennell rootes, as much
persely rootes, as many alisander rootes,
halfe a handfull of Borage rootes, and put
out the pith of all the said rootes, then take
halfe a handfull of Penyryall, as much of
Violet leaues, and as much of Cinkfoyle,
as much Succorye, Endive, Hollyhocke
leaues, Mallowe leaues, and red Garden
minteres, of all these the like quantity as of
these next before, halfe a handfull of Lico-
ris stickes scraped, bruised and beaten to fine
powder, a gallon of faire running water,
boyle therein all these simples, and boyle
these seedes with them, that is thre^e spoon-
full of anniseedes, as much Fennell seede,
the like of Colliander seedes and Commin
seedes, a good handfull of Dandelion rootes,
and so boyle altogether from a gallon to a
pottell, and let the patient drinke thereof
first and last, and it will helpe him in shorte
space. probatum est.

To make water imperiall for all wounds
and Cankers.

Take a handfull of red Sags leaues, a
handfull of Helondine, as much of
Woodbind leaues, take a gallen of conduit
water,

Approued Medicines

water, and put the hearbs in it, and let them boyle in a pottle, and then strain the hearbes through a strainer, and take the liquor and set it ouer the fire againe, take a pinte of English honye, a good handfull of Koch Allam, as much of white Copperas, Lime beaten, a penniworth of grains brused, and let them boyle all together three or fourre hawmcs, and then let the skumme be taken off with a feather, and when it is cold, put it in an earthen pot or bottle, so as it may be kept close, and for a greene wound take of the thinnest, and for an olde wound of the thickest, couer the soare rather with Meale or Mutton, skimme them with dock leaues, when that you haue dressed them with this wates.

To make water imperiall another way.

Take a handfull of Dragon, of Scabieus of Endive, a handfull of Bimpernell, a handfull of Wormewood, of Kew, of Tan-
tie, of Fetherfoye, of Dasic leaues, of cou-
slips, of maiden haire, of sickfoyle, of Dan-
delion, of Lime, of Walme, of each of these
hearbes a handfull, of Treakle a pound, of
Bolcarmoniacke fourre ounces, and when
you haue all these hearbes together, you
muſt

must take and shread them a little, not too small, then take the Treakle, and the Bole armoniacke, and mingle them and the hearbes together, then put them in a killasse, and Syll sheni: & sict.

To make Sinamon water.

Take Kennish wine a quart, or Spanish wine a pint, rose water a pint and a halfe, Sinamon brused a pound and a halfe, let these stand infused the space of four and twentye houres, then distill it, and being close stopped and luted, then with a soft fire distill the same softly in a Limbeck of glasse and receiue the first water by it selfe.

Also if ye be so disposed to make the same water weaker, take threé pints of Rosewater, and a pinte and a halfe of Kennish wine, and so distill the same, and you shall haue to the qualitye of stiffe, the quantity of the water, which is threé pints, but the first is best, and so reserve it to your vse both morning and euening.

To make Sinamon water another way.

Take threé quartes of Muskadine, and a pound of Sinamon, and halfe a pinte of god rose water, and so let them lye infused the space of four and twentye houers, and

Approued Medicines

and destill it as aforesaide, and you shall receiue to the quantitye as to the qualitye, but the firste pinte is the best and the cheefest of all the other, as is manifest by practise.

To make Aqnae composita for a surfeit.

Take Rosemary, Fennell, Isole, Lime, Sage, Horehound, of each of these a handfull, Pennirial, red mints Margerum, of each sixe crops, a roote of Enula Campagna, of Licorice, Annyseeds bruised of each two ounces, put all these to threé gallons of mightie strong Ale, and put it into a brasse pot ouer an easie fire, and set the Limbecke vpon it, and stop it close with doves or paste, that no aire doe goo out, and so keepe it stil-ling with a softe fire, and so preserue it to your vse as need requireth.

To make the water of life.

Take Balme leaues and stalkes, burnet leaues and flowers, a handfull of Rosemary, Turmentill leaues and rootes, Rosa solis a handfull, red roses a handfull, Carnatiens a handfull, Isole a handfull, a handfull of Lime, red strings that grow vpon Hauery a handfull, red Fennell leaues and rootes a handfull, red Mints a handfull, put all these herbes into a pot of earth gla-
sed

sed, and put thereto as much white wine as will couer the hearbes, and let them soake therein eight or nine dayes, then take an ounce of **S**inamion, as much of **G**inger, as much of **N**utmegs, **C**loues and **H**affron, a little quantitie, of **A**nnyseedes a pound, great **R**aisons a pound, **H**uger a pound, halfe a pound of **D**ates, the hinder part of an olde **C**ony, a good fleshye running **C**apon, the flesh and sinewes of a legge of mutton, fours yong **P**igions, a dozen of **L**arks, the yolkes of twelue egges, a loafe of white bread cut in sippettes, **M**uskadell, or **W**ard thre gallons, or as much in quantitie as suffiseth to distil all these together at once in a **L**imbecke and thereto put of **M**eridatum two or three ounces, or else with as much perfect **T**reakell, and distill it with a moderate fire, and keepe the first water by it selfe, and the second water alone also, & when there cometh no more water with strings, take away the limbecke, & put into the pot more wine vpon the same stuffe, and styll it againe, and you shal haue an other good water, and shall so remaine good. In the first ingredience of this water, you must keepe a double glasse warely, for it is restorative of all principall mem-

Approued points

vers, and defendeth against all pestilentiall diseases, as against the Paulsie, Dropsie, Spleene, Yellowe or blacke Jaundice, for wormes in the bellye, and for all agues be they hot or cold, and all maner of swellings, and pestilentiall sorrowes in man, as melancholy, & flegmatike, and it strengtheneth and comforteth all the spirits and strings of the braine, as the heart, the milte, the liuer, and the Stomacke, by taking thereof two or thre spoonesfulls at one time by it selfe, or with ale, Wine or Beere, and by putting a prittie quantite of Suger therein, also it helpeth digestion, and doth breake winde, and stoppeth laske, and bindeth not, and it mightelye helpeth and easeth man or woman of the paine of the heart burning, and for to quicken the memory of man, and take of this water thre spoonesfulls a daye, in the morning, and another after he gaeth to dinner, and the third last at night.

To make a good plaister for the
Strangurie.

Take Hollyhocks, and violets, and Mercurye, the leanes of these hearbes, or the seedes of them, also the rinde of the Elderne tree, and also leyd Wort, of each of these a handfull, and beate them small, and seeth them

them in water, till halfe be consumed, then
vse thereto a little oyle Dine, and all hot
make thereof a plaister, and laye it to the
soze and raines, and also in Summer thou
must make him a drinke in this manner:
take Hapifrage, and the leaues of Elderne
Fine leaued grasse, and seeth them in a pot-
tle of stale ale, till the halfe be wasted, and
then straine it and keepe it cleane, and let
the sick drinke thereof first and last, and if
you lacke these herbes because of Winter,
then take the rootes of fine leaued grasse,
and drye them, and make thereof powder,
and then take Oyster shelles and burns
them, and make powder of them, and mi-
ngle them together, and so let the sick vse
therof in his Pottage and drinke, and it
shall helpe him.

To make a powder for the Stone
and Stranguillian.

Take blacke Bramble berries while they
be redde, Iuye berries, the inner pitch of
the Ashe keyes, the stones of the Eglantine
Berries clouen, rubbed from the hayre,
Putte keyes, the rootes of Philopendula,
of all these a like quantitye, Accorne ker-
nelles, the stones of Sowles, of each a like
quantitye, drye all these on platters in an

Approoued points.

ouen till they will be beaten to pouder, then take Gromell seede, Marifrage seede, Ali-
sander seede, coliander seede, parsely seede,
comin seede, fennell seed, anniseede, of ech of
these a like quantitye, as much as is before
written, and drie in like sort, then beate all
these to fine powder, and take Licozas of
the best that you can get, faire scraped, as
much in quantity as of al the other, and beat
it fine, & mingle it with the same pouder, and
so keepe it close that no winde come at it,
using it first and last with posset drinke made
with white wine or ale, and when you eate
your pastage or other broth, put some in it if
you be sore pained, & if you haue any stene,
it will come away by shiuers, and if it do so,
when you thinke that your water begin-
neth to cleare againe, take this drinke that
followeth, and it will cleanse your bladder,
and it will leue no corruption therin.

The drinke.

Take Rosemary, with Tyme, and seeth
them in running water, with as much
sugger as will make it sweete from a quart
to a pinte, vse the quantitye of your hearbes
according to your discretion, so that it may
savour well of the hearbes, and so vse it 9.
mornings. 6. or 7. spoonfulls at a time.

For

For the shingles a remedie.

Take Dones dirte that is moystye, and of Barly meale heaped halfe a pound, and stamp the well together, and do thereto halfe a pinte of vineger, and meddle them toge- ther, and so laye it to the soze colde, laye wall leaues theteupon, and so let it lye thre dayes vremoued, and on the third day if neede require, laye thereto a new plaister of the same, and at the most he shalbe whole within thre plaisters.

For all maner of sinewes that
are shortened,

Take the head of a blacke sheepe, Cam- memill, Horrell leaues, Sage, of each handfull, and bray these hearbs in a morter, then boyle them altogether in water, till they be well sodden, and let them stand till that they be colde, then drawe it through a strainer, and so vse it.

A sufferaine ointment for shrunken sinewes
and aches.

Take eight Swallowes ready to flye out
of the nest, drue away the bredders when
you take them out, and let them not touch
the earth, stampe them vntill the feathers
cannot be perceiued, put to it lauender cot-
ten, of the stringes of strawberies, the tops

Approoued points

of mother time, the topes of Rosemarye, eache a handfull, take all their weight of May butter, and a quarke more, stampe all the fethers that nothing can be perceived, in a stone morter, then make it vp in bales, and put it into an Earthen potte for eight dayes close stopp'd that no ayre take them, take it out, and on as softe fire as may bee seethe it, so that it so but simper, then strain it, and so reserve it to your vse.

For sinewes that be broken in two.

Take Wormes while they be knite, and looke that they departe not, and stamp them, and laye it to the sore, and it will knit the sinewes that be broken in two.

For to knit sinewes that be broken.

Take Archangell and cut it in small gobets, and lay it to the soze, and take Milfoyle and stamp it, and lay it aboue it hard bound, and let it lye so three dayes, and at the thre dayes end take it away, and wash it with Wine, and then make a new plastrer of the same, and at thre dayes ende put thereto another, and doe nothing else thereto.

Also take peniryall and braye it, and put salte enough to them, and temper it with honey, and make a plastrer thereof, and lay it vpon

Upon the sinewes that be stiffe, and it will
make them to stretch.

An oyle to stretch sinewes that
be shrunke.

Take a quarte of Peates foote Dyle, a
pinte of Peates Gall, halfe a pinte of
Rosewater, as much Aqua Vita, then put
all these together into a brasse panne, then
take a hanfull of Lauender cotten, and as
much of Wayleaues, a good quantitye of
Kosemarye, a good quantity of Lauender
spike, of Strawberrie leaues the stringes
and all, then take thred and binde them all
in severall braunches, and put them into
the panne or pot, and set them ouer the firs
upon cleare Coales, with the oyles alnges-
ther, and so let them boyle a good while,
and when it is boyled enough, it will boyle
but softlye, then take it of the fire, and let it
stand till it be almost colde, then straine it
out into a wide mouthed Glasse, Bottell or
pewter potte, and stop it close, it will not
continue in no wooden thing, and where
the sinewes be shrunke, take of this being
warmed, and annointe the place therwith,
and chafe it well against the fire, and us
this morning and euening, and keeps the
place warme, and you shal finde great eas

Approved points
For to staunch bloud.

Take Wole armoniake, and Turpents, and make a plaister, and lay it to, and take the mosse of the Hazell tree, and cast it into the wound and it will staunch foorthwith, and the longer that it is gathered the better it is. Also take a good peece of Martinmas Beefe out of the rous, and heate it on Coales, and as hotte as yes may suffer it laye it there to: also take a peece of leane salte Beefe, and let the Beefe bee of that greatness that it may fill the wounde, and laye it in the fire in the hotte ashes, til it be hotte through, and all hot thrust it in the wound, and binde it fast, and it shall staunch aner the bleeding, when a maister vaine is cut, and if the wound be large.

Forswelling that commeth suddenly
in mans limmes.

Take Harters tongue, Chersoyle, and cut them small, and then take Dregges of ale, and Wheate branne, and sheepe's Tail, lowe moulte, and doe all in a potte, and seeth them till that they be thicke, and then make a plaister, and lay it to the swelling.

Also take faire water and salt, and stirre them well together, and therein wet a cloth and lay it to the swelling.

For

For to make one slender.

Take Fennell, and seethe it in water, a very good quantifie, and wring out the iuyce therof when it is sod, and drinke it firste and last and it shal swage either him or her.

A good ointment for scabs, and for itcking of the body.

Take fourre ounces of Dyle de baye, and an ounce of frankensence, & two ounces of white waye, and three ounces of swines greace, and an ounce of Quicksiluer, that must bee slacked with fasting spittle, an ounce of great salte, as much of the one as of the other, and of all these make an oyntment, and if the scabs or itch be vpon all the whole bodye as well aboue the girdle as beneath, then when thou goest to bedde washe both thy handes and thy feete with warme water, and batte them well therein by the fire, and after drye them with a cloth of linen, then take vp with thy fingers of that oyntment, and doe it in the palmes of thy handes, and in the soles of thy feete, and rub it well together that it may drink in well, & if it doe soke in wal, thou must put gloues on thy hands and sockes on thy feete, and thus doe euery night when thou doest goe to bed, and

A booke

and if the scabbe or itch be aboue the girdle
and not beneath, then anoint but thy hands,
and if the scabbe be beneath the girdle, then
ooke that you annoynce the soles of your
feete, and the scabbe or itch be in al the bo-
dy, as wel aboue the girdle as beneath, then
thou must annoint both thy handes and thy
feet as thou sittest by the fire, and thou shalt
be whole : this hath been proved.

For all maner of scabbes.

Take Enela Campana, red docke rootes,
Nightshade, woodbindes leaues, and then
cast in a piece of allome, and put in Vitriol
Romana rubrifled, when it is colde, & wash
the scab therewith.

And take white ointment, Brimstone,
Quicksilver, verdigrease, and mingle them
together, and therewith annoint the soze scab.

For a man that hath drunken poysone.

Take besony, and stamp it, and mingle it
with water, and the poysone that the par-
tie hath drunke, will presentlye come forth
againe.

To restore speech that islost suddenly.

Take penitrial, & temper it with aysel, and
gine it to the sicke to drinke it, laye also a
plaster of this to his nothryilles so greued.

FINIS.

The table of the booke followving.
gathered according to euery folio
throughout the whole

Booke

To boile La r̄es. fol. 4.		To boile a capon in white broth. 5
To boile Conies. 4		To make boyled meates for dinner. 6
To boile a Cony. 4		To boile meats for Sup- per. 6
To boile Chickens. 4		To boile a legge of Mut- ton with a pudding. 6
To boyle Mutton and Chickens. 4		To boile pigges feete and peticoes. 7
To boyle Chickens. 4		To make a mortis. 7
An other way to boyle Chickens. 4		To boyle a lambes heade and purteuance. 7
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To boyle steakes between two dish es. 4		To stewe Calves feet. 8
To boyle a neates tongue	4	To stewe a Mallard. 8
To boyle a Capon. 4		How to make aloes. 8
The boylling of a Capon.	4	How to make fritters of spinnedge. 8
To boyle a Capon with Oranges & Lemmons. 5		A fritter to bee made in a mould. 9
To boile a Capo in white broth with Almonds. 5		To boile Pigeons in blacke

The table.

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Of smearing a Conie.	9	To bake a Mallard.	14
How to boile a Mallarde with cabedge.	9	To make a pie of Hun- blen.	14
To boyle a Ducke with turneps.	2	To bake red deare.	14
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To

The table.

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		To make pottage to lose the body.
		To make another vertie

good

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